



ACROSS THE LANES

The Newsletter of North Carolina Masters Swimming



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WEBSITE: www.ncmasters.org

From the Chairman's Lane...

2008 was a very good year for our LMSC - we ended it with a record high of 961 swimmers, a 17% increase over the previous high of 819 in 2007. Of those 819 people, 639 of them renewed for 2008 which means a retention rate of 78% and that means that 322 new swimmers in NC joined USMS. Hopefully we'll see a better retention rate this year. The increase in membership in all of USMS was also significant; the total membership went from 43,000 in 2007 to 48,200 last year, an 8% increase. The USMS retention rate between 2007 and 2008 was 68%.

Let me remind everyone that what we used to call Chapters (and sometimes called Teams) in our state are now called Workout Groups. This term is used throughout USMS to define any groups who train together but are not registered with USMS as a Club. The only Club in North Carolina is NCMS; all of us can be on the NCMS team (more later) at national championship meets regardless of which Workout Group we belong to. As there are about the same number of Workout Groups as there are Clubs in the country, sooner or later USMS wants to include all the Workout Groups just as it has already included Clubs for many years.

At the January 24-25 Sunbelt Meet in Charlotte (35th edition!), Sally Newell will once again be the recipient of the Outstanding Female Swimmer in NC and Mitch Mitchell, also a once again recipient, will be awarded the Outstanding Male Swimmer in NC. Sally garnered 193 points and Mitch had 190. Congratulations once again Sally and Mitch! By the way, the rules of this award state that no one can win it in consecutive years regardless of how many points they accumulate during the year. We go to the USMS website and click the Competition tab to find Top Ten, then a click on that leads to finding LMSC Top Ten for both short course yards and long course meters during the past year. Because the Top Ten short course meters listings for each year are not compiled until after the turn of the year, we look those up for the preceding

year. We award points for places in the Top Ten listing in the same manner they're awarded in swim meets: a first place gets 11 points, second gets 9, third gets 8...on down to a 10th place listing gets one point. We then add up all the points in SCY, LCM and SCM those in contention have gotten to get the winners. A lot of NCMS swimmers achieved Top Ten listings over the past year.

The 2009 short course national meet is in Clovis CA (near Fresno) in May and typically NCMS has some, but not a lot, representation at west coast meets. Let me encourage you to commence training now for the long course national meet at the very fast IUPUI pool in Indianapolis. The meets there are run by experienced people who make both the meet and the stay there enjoyable. Let's get faster and go trophy hunting up there!

Jerry Clark

Have you renewed your USMS membership for 2009?

If you have received the link to this newsletter then odds are you have renewed your USMS membership for 2009. In the event you haven't, its time to do so now. All 2008 USMS registrations expired at the end of December. Everyone who has not re-registered needs to do so ASAP, especially if you plan on swimming at the upcoming meets in Charlotte, Greensboro, Durham or Raleigh. You don't save any money by waiting and you potentially miss out on the magazine and newsletters in the interim.

The easiest way to register is to do it online. It really is easy, and you print your own card. Go to www.ncmasters.org and click on the 'Registration' tab.

In This Issue

Chairman's Lane	Page 1	Coach Harry DeLong	Page 5
Editor's Lane	Page 2	USMS Fitness Event Announcement	Page 6
Holiday Event in New Bern	Page 3	NCMS 'Business'	Page 7
'Biggest Loser' at Swim MAC	Page 4		

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From the Editor...

My Son the Swimmer

I taught my 21 year old son Bryton to swim butterfly yesterday. It only took him about 25 minutes to learn a truly credible version of the stroke. I can't begin to express how amazed at, and how proud of, him I am. Today, Bryton and I got back in the pool again. He was afraid he might have forgotten the stroke's rhythm over night, but once he got in the water and realized that swimming fly is like riding a bike, we settled down to a set of thirty freestyle fifties on interval.

Up until about six months ago Bryton was, and had always been, mostly a rebellious skateboarder. He did wrestle for a year in a youth program I helped start with some other folks at the Hickory Parks and Rec Department when he started middle school, and he did study boxing for a year after he moved back to Nevada with his Mom in 2001. Before then I would take him and his sister swimming at the Y in Hickory, but I was still 'burned out,' and not interested in anything more than 'play swimming' myself, and so we would all do cannon balls off the side of the pool, and call out "Marco Polo" to one another, but never swim laps.

I finally did get back in the pool and started swimming with some degree of consistency after I started coaching at South Rowan High School in early 2004. Two years later, however, I developed problems with my knee that required surgery. Bryton came back to North Carolina in the late summer of 2006, just a couple of weeks before my surgery. By the time he arrived back here, looking for a fresh start in life, the pain associated with my knee problems had already driven me out of the pool.

After working the graveyard shift at Walmart for two years, Bryton got a job four months ago at the Sportscenter Athletic Club here in Concord – where the MASC USA Swimming Club practices. He started talking with Gabe Price, that club's coach, and then started asking me to swim with him. At the same time, working out in other ways, he lost 25 pounds of fat, replacing it with ten pounds of healthy muscle. Seeing him get fit, and having him ask me to start swimming with him, were all the motivation I needed to finally get back in the pool. For six weeks now I have been back at it.

My experience swimming with Bryton has been simply incredible. I wish we would have done this years ago. Maybe its prejudice, but he's got natural talent, and he is remarkably coachable. He's not confident enough yet to swim at the Charlotte Sunbelt meet later this month, but we are talking about Greensboro and Durham, and maybe even the USMS LC nationals meet in Indy in August. I'm looking forward to introducing Bryton to my Master's Swimming family, and to the welcome I know he will receive.

Joe Gosha

For useful information...

including announcements and entry information for upcoming Masters Meets, and the results of recent meets, make www.ncmasters.org a favorites on your internet web browser! When you go there, be on the lookout for information regarding the Frank Clark Masters Open, Durham Aquatics Spring Splash and RAM North Carolina State SCY Championship swimming meets.

Also make sure to regularly check out www.usms.org for everything you need to know about the growing world of Masters Swimming in the US. Recent changes to the USMS website have made it a must see for any and all members of our NCMS community!

- QUESTION -

What's more fun than a Master's Relay? An All-American Masters Relay!



US Masters Swimming posted their Top ten USA ranked Swimmers for the 2008 long course season. The local Hendersonville swimmers placed #1 in the listed below event and age bracket. This first place ranking earns these (all) Henderson County YMCA members a ranking of All-American in US Masters for 2008. The photo lists them in their swim order>

400 Freestyle Relay LCM Mixed 320-359 (2008) # Team LMSC
Swimmers (age) Time
1 NCMS North Carolina
Barbara Miller (85)
Jim Scherbarth (85)
Sandra Kremer (72)
Dick Webber (79) 7:48.50

Way to go All Americans!

Holiday Happenings at the Twin Rivers YMCA Masters (TRYM) of New Bern

It is a great feeling going into the New Year: our little team in New Bern is growing in numbers!! We now have a second group called “Masters for Moms”, mainly consisting of mothers (and a dad) of younger children who cannot attend our early morning (5:30–7:30 AM) workouts. This group was started fairly recently, and things are going well. They meet on Tuesday and Thursday morning from 9–10 AM and of course are welcome to join the Saturday morning practice (7–9 AM). Several of the new swimmers have already joined USMS, and more will be following in their foot (or is it fin?) steps.



Because we wanted to get to know each other, we decided to have the “First Annual TRYM St. Nick’s Meet” on December 20, 2008. Everyone was invited, and we had 16 people who attended. We did a short (1-hour) workout, and then we had some fun and games: a sweatshirt relay, a pull me – push you relay, a feet first relay, a medley relay consisting of: the corkscrew, the elementary backstroke, the side stroke and the breaststroke with dolphin kick, a kickboard relay ... you get the picture! There were always two teams, a different team for each “event”. The names of the team members were pulled out of the hat (Christmas bag in this case) by coach Frank McGrath.

This is really a great way to get to know the teammates you do not normally swim with, and to have fun doing it. We had coffee and goodies afterwards, and celebrated being together and having a wonderful coach to spur us on and make us better swimmers.

We plan to make the event an annual happening with the cooperation of our YMCA. Other things we plan to do as a team are the postal events. The first one of course will be the one-hour swim. We team up two people who then take turns timing and counting for each other and encouraging the person in the water – it will be an exciting time! We look forward to a Happy and Healthy New Year and wish all of you the same.

Greta Van Meeteren



Clockwise from left... Sweatshirt Relay; Push Me Pull you Relay: and coach Frank McGrath propounding what we all know to be a universal truth!

Having new full-time staff at USMS has been truly remarkable. The fact that Executive Director Rob Butcher and Marketing and Public Relations Director Ashley Gangloff are part of our own NCMS community make it even better. The article below, which Ashley wrote for the USMS website, and which features our own SwimMAC Masters, is reprinted with permission.

A New Year, a New You: SwimMAC Masters Teams Up

Facing a big goal alone can be scary and, sometimes, friendly encouragement can be the difference between falling short of a goal and celebrating the accomplishment of one. SwimMAC Masters has developed a friendly competition to push its members who choose to participate to jumpstart their healthy lifestyle and weight loss and foster teamwork.

SwimMAC Masters operates out of two pools separated by approximately 20 miles in the Charlotte, N.C., area. With the ringing in of 2009, SwimMAC Masters saw an opportunity to combine New Year's resolutions with social and professional networking between its groups, and developed the "SwimMAC Masters' Weight-Loss Challenge" modeled after the television program, "The Biggest Loser."

On January 5, 2009, SwimMAC Masters weighed in (privately) and reported their weights to the designated record keeper. Of 120 registered SwimMAC members, 66 have weighed in and are on board for the eight-week challenge. On Tuesday, January 13, 2009, SwimMAC Masters will host a "Draft Party" at a local restaurant and invite all participants from the North and South pools to witness the random drawing of names to determine teams of two members per team. Each team will include one participant from the North location and one participant from the South location. Each team member will use his or her teammate for support and encouragement throughout the duration of the eight-week challenge.

"We have so many new folks at both locations, and this challenge will be a great way to foster interaction and social networking between the two groups," said Jay White, SwimMAC Masters member and Weight-Loss Challenger coordinator. "Our members that compete often times travel and swim with people from the opposite location,

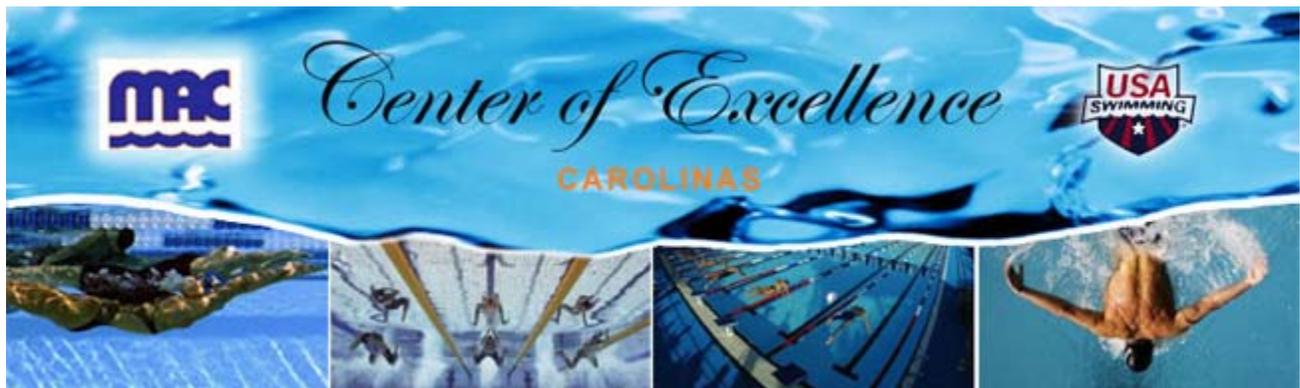
but only about 25 percent of our members actually compete. The Weight-Loss Challenge will give the entire group, fitness swimmers and competitive swimmers, an opportunity to meet one another, socialize and network."

The SwimMAC Masters Weight-Loss Challenge is not only about losing weight. At the "Draft Party," after teams have been drawn, Megan Hepp, a registered dietician, will be presenting healthy weight-loss tips, appropriate dieting for athletes and other nutrition information necessary for the members of SwimMAC Masters while taking the challenge. "We want our members to be informed so that they will have a better opportunity to be successful during and beyond our eight-week challenge," said Jay. Patty Waldron, Head Masters Coach, added, "it is about a lifestyle. We are trying to connect the dots, not only with working out, but really looking at what kind of fuel we are putting in our bodies to maximize the benefits of exercise."

At the conclusion of the challenge, February 27, 2009, all of the participating teams will gather at a central location for a final weigh-in. Results will be calculated based on the total percentage of weight lost by each team. The top three winning teams will receive prizes: the first-place team will receive a one-hour private clinic with Mark Gangloff, two-time Olympic gold medalist, and Jeremy Knowles, three-time Olympian; the second-place team will receive gift certificates for a one-hour massage; and the third-place team will receive gift certificates for a local restaurant.

Between text messages back and forth and under-the-table wagers, the members of SwimMAC Masters are busy slicing and dicing fruits and veggies and squeezing in 15 minutes of extra cardio. "It is fun because everyone is excited and committed to making this challenge successful," said Jay.

To learn more about SwimMAC and their Weight-Loss Challenge, visit www.swimmacmasters.ning.com.



Editors note—We have great coaches in North Carolina Masters Swimming, though not enough of them. Just this past week I received a copy of an email from Greg Sousa of the DAMA Workout Group. That email, while purposed for another matter, took pains to praise Andrea Stephens, the DAMA Group's new coach. In our last issue of Across the Lanes we introduced Harry DeLong to our statewide membership. Harry, one of the coaches at RAM (Raleigh Area Masters) is not only a great coach, he is also a great student of our sport, and a tremendous communicator. (I hope Harry and the folks in Raleigh or Chapel Hill won't mind if I call him the 'Coach K' of NCMS.) Here is another of Harry's recent RAM newsletter articles.

Masters Swimming, Not Why We Do It, But Why We Should

I have just finished reading the results of a study entitled "Biological Markers of Aging in Highly Active Adults", by Joel M. Stager, Jeanne D. Johnston, Louisa D. Raisbeck and Colleen M. McCracken of the Councilman Center for the Science of Swimming Human Performance Laboratory, Department of Kinesiology, Indiana University, Bloomington, IN. What an interesting study! OK before I hear, 'glad you read it and not me', I want to say this study report has some good news for us Masters swimmers. After reading it, I just had to pass along the information as fuel for thoughts. If there has ever been a question on why we should continue with Masters swimming, this reports provides some real incentives to stick with the program.

Physiologists have recently begun to believe that much of the decline in physical ability we experience as we age is the result of a reduction in daily vigorous physical activity. That's an interesting thought. This implies that if we maintain a lifestyle with an elevated activity level longer we may reduce the level of physical and physiological deterioration normally associated with aging. This study had access to Masters swimmers and used them as an active group to compare to people from the general population of the same age ranges and gender.

The two groups were tested for the following

- Lung volume
- Total Cholesterol
- High Density Lipoprotein (HDL), beneficial Lipoprotein
- Estimated Skeletal Muscle Mass
- Muscle power, estimated from vertical jump
- Changes in blood pressure versus age

Results

- Both men and women Masters swimmers have about 15% greater lung volume than found in the general population.
- Total cholesterol of the master swimmers averaged 8% to 10% lower than the general population across the same age range.
- HDL levels were significantly higher Master swimmers than the general population.
- Estimates of skeletal muscle mass were significantly higher for USMS swimmers when compared to the general population. A very important result for aging men and women.
- Muscle power, estimated from vertical jump, declined with age for both groups but, on average, USMS swimmers retained a much higher level of muscle power than the general population.
- While Systolic, Diastolic and pulse pressure increased with age, the increase for Masters swimmers was dramatically less than for the general population.

Bottom line, we will experience a decline in our physical and physiological abilities as we age; however, with continued activity offered by Masters swimming we can expect to experience the decline at a slower rate than the general population. Now that is good news. I may lose it, but I ain't giving it away. One interesting conclusion presented by the authors is:

"Thus, Master Swimmers appear to maintain a higher level of functioning, independence, and quality of life as they age, as compared with the general population." – That ROCKS!

Wow!, You thought you swam because of the great sport, the outstanding company and the marvelous coaching. Now we have at least one study that says it really great for you. So keep wet!





*Announcing the USMS Fitness Event:
"Go the Distance"
2009!*

The USMS fitness event "Go the Distance" (GTD) is being offered again by the USMS Fitness Committee in 2009!

The objective of this event is for participants to track the time and distance they swim during the year. When participants achieve the specific distance milestones of 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 500, 750, 1000, 1250 and 1500 miles – they will be recognized on the USMS website and awards will be available for purchase for a minimal fee.

For those who participated in GTD 2007 and GTD 2008 – a cumulative mileage starting from the beginning of GTD will also be maintained for you. Just how far can you swim year after year?

There is no cost to enter this event. Participants are requested to email (or use snail mail) to submit their time spent and total distance they swim each month. A list of miles per month, cumulative mileage and time will be tabulated for each swimmer. Once a distance milestone is achieved awards will be available for purchase. They will include swim caps, certificates and patches with the event logo and the distance of the milestone achieved. At the end of the year customized awards will be available. There is also apparel and goodies with the GTD logo on it available to all participants from our online store. The awards order form and information regarding our online store is available on the USMS website.

A future enhancement includes the tracking of your time and distance online in the USMS Members only section of the USMS website. Details will be available soon.

Each month the results will be updated on the USMS website in the Fitness Section. There will be lists to recognize all those that have achieved each distance milestone as well as the current month achievements. Other lists include the mileage for all participants sorted by gender, age group and USMS club / lmsc / zone. In addition there will be graphs illustrating the participation for each zone, lmsc, workout groups, age groups and gender. In addition, participants can be affiliated with a "GTD workout group" which may offer friendly challenges to other groups as well as achieving goals as a group. A GTD workout group is simply two or more swimmers that would like to chase a goal as a "group". It is an informal group independent of the participants USMS club affiliations. Coaches and groups are encouraged to enter as a group if this would make entries easier and more manageable.

This event was designed to encourage folks to track the time and distance they swim in order to review their progress and to be recognized for their achievements. There is no time limit for the distance milestones (except that it must be in 2009) so speed does not count – just the effort to attain the next goal. We wish to recognize participation and achievement of goals with this event.

In GTD 2009 we are introducing two new parameters that we will be tracking. The time spent per month (hours) will be tracked as well as their progress towards their 2009 Goal which will be supplied by the participants.

The entry form, monthly results, awards order form and a "distance tracking log" will soon be available on the USMS website (fitness section) at <http://www.usms.org/fitness/content/gothedistance>. The log can be used to track one's daily distance swum but is not required.

I would very much appreciate it if you could spread the word to folks and consider participating yourselves! If you need any more information or would like to comment and make suggestions please contact Mary Sweat at usmsgtd@yahoo.com

Wishing you lots of fun swimming in 2009!

Mary Sweat
GTD Event Coordinator
USMS Fitness Committee

LONG TO BE PUBLISHED ??

Across the Lanes is always on the lookout for contributions from our members of first or third person articles about the member and their experience as a Master's Swimmer. If the article you send is from another publication, please remember that we need permission to reprint it here. Also, if you can, include a photograph so that we'll know who you are the next time we see you at an NCMS event. (Don't send a photocopy of a photo, however.)

Send your contributions to Editor Joe Gosha by email to jophesgo@juno.com, or if hard copy, to Joe Gosha 140 Lake Concord Rd. NE Unit D-12 Concord, NC 28025

LMSC for NC Treasurer's 2008 Year End Report— Elizabeth Nowak

For 2008, the LMSC of NC ended the year with net income of \$1,824. Total revenue for 2008 was \$16,414 and total expenses for the same period were \$14,590. The net income exceeded the 2008 budget projection by \$1,104. This is due to a combination of factors, including lower expenses than expected associated with sending the NC delegation to the USA/USMS convention, and an increase of 142 members to the LMSC of NC compared to 2007.

A major expense for the LMSC of NC is the costs associated with producing paper copies of the *Across the Lanes* Newsletter (\$2,366 in 2008 vs. \$1,794 in 2007). A detailed analysis of the newsletter production costs is being completed to see if there are areas where expenses can be reduced. If you are receiving a paper copy currently and would like to switch to an electronic file, please email the NC Registrar, George Simon, at ncregistrar@USMS.org. Total funds available as of 12/31/08 for the LMSC of NC amounted to \$15,094 (including a checking account balance of \$8,485 plus a CD balance of \$6,609).

Donations to the NC Masters Swimming Club remained relatively flat (when compared to calendar 2007) at \$320 for 2008. These funds were used to pay for our NCMS relays at both the short course and long course national meets in Austin, TX and Portland, Oregon. The balance in that NCMS account on 12/31/08 was \$53.

UPCOMING NCMS EVENTS

Frank Clark Masters Open
Grimsley High School Pool, Greensboro
February 28, 2009



Duke Aquatics Spring Splash
Taishoff Aquatic Center at Duke—Durham
March 28, 2009



North Carolina SCY Championships
Pullen Pool—Raleigh
April 18—19, 2009



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