



Niagara District
Masters
Swimming

WATER POWER

G A Z E T T E

January/February 1994

NIAGARA DISTRICT NEWS FROM
BETTY BARRY, District Chairman

DISTRICT MEET—MARCH 26-27, 1994. JOIN US!

Due to pool problems, the district meet location has been changed from the ECC pool in Buffalo to the MCC pool in Rochester. The dates remain the same, Saturday and Sunday, March 26 and 27. The entry form is included in this copy of the *Gazette*.

We're encouraging relay competition; Lorie Gibson-Rick has offered to coordinate it. Contact Lorie for more information at 716-338-3209 or indicate your interest on the meet entry form. If you aren't a regular relay competitor, this is a great chance to try it. Just indicate what stroke/relay you are interested in and Lorie will work out the details.

Anyone registered Niagara (which includes 99% of our district) can swim on Niagara relays at all meets, including Nationals (see the Nationals info below for more on relays). Unattached swimmers cannot swim on relays. Swimmers registered with a specific team (look at your registration card if you are unsure how you are registered) must swim with teammates registered on that team. In Niagara we have two officially registered teams—Niagara and Zwicker.

Consider getting your lane mates together for relays or just throw your name into the

ring and let Lorie assign you to a relay.

NATIONALS 1994: SHORT COURSE IN TEMPE & LONG COURSE IN BUFFALO

The short course nationals entry form is included in the latest issue of *Swim Magazine*. Since Niagara is hosting Long Course Nationals in August, we need as many of our swimmers as possible to volunteer to work in Buffalo in August and have experience at this level of competition and meet procedures.

This issue of the *Gazette* includes a flyer with more details on volunteering for nationals. Please watch for it, fill it out and return in promptly. Committee members are meeting at least monthly at district meets and we welcome your participation.

We encourage you to look at the Tempe entry form in *Swim* and consider competing there. If you think you might want to swim on relays in Tempe, contact George McVey (716-271-2323). Relays are great fun and not just for the elite, so don't think you're not fast enough. Volunteer to swim on a relay. The district pays relay entry fees at national competitions, so it won't cost you a dime.

NIAGARA BOARD CHANGES

Steve Madden of Ithaca and Denise LeVan of Rochester have switched positions on the Niagara board. Denise will now be handling sanctions and Steve will edit our newsletter. Thanks to both for their help.

FEBRUARY FITNESS SWIM & LOGGING YOUR SWIM YARDAGE

Our coach encourages us to keep track of our yardage; it serves many purposes. We have the pleasure of seeing in black and white what we have worked so hard to achieve—the one page per month works great for most of us.

Keeping track of yardage can add a new dimension to practice, particularly if you don't keep track of your yardage or are as dependent on a calculator as I am. Noting unusual things like IM sets helps explain lessened yardage on particular days and helps you track your practice habits as well.

Aside from the sense of accomplishment you'll get when looking back over a month of great workouts, it can also help you to determine your practice "pattern"—do you swim a lot in the summer, not at all in the winter or vice-versa? How do your competition times compare with your practice schedule? Do you need a day or two off before a meet? Are meet times better while maintaining yardage right to the day of the meet or by backing off?

The February Fitness Swim entry form is included in the current issue of *Swim Magazine*. It's a great opportunity to start logging your yardage with a goal in mind. It will also add some incentive to your practices during the often dreary month of February when getting up and out to the pool sometimes seems less than appealing. Think of it as a way to get ready for districts!

ONE-HOUR NATIONAL POSTAL SWIM: JUST DO IT

If you are interested in testing your endurance, both mental and physical, why not enter the National One-Hour Postal Swim?

MCC will be running their annual opportunity to swim for an hour for the postal at their January 23 practice. All are welcome to come and participate. The first swimmers will start at 9:30 a.m. Warm-up/cool-down is always available in the diving well. Entry forms will be available and everyone (almost) swims, helps count laps and keep track of time/distance and, of course, eats the goodies available! Come join us!

2000 FITNESS SWIM

The district will again host the USMS 2000 Fitness Challenge in 1994. This year the National Fitness Committee has scheduled it to run from April 1 to May 31.

Watch for the entry form in the next issue of *Swim Magazine* and support it. If you aren't up to a one-hour swim, consider how much easier it is to swim 2,000 yards or meters than for one hour straight!

Fewer than 500 swimmers competed last year so your chances of looking great nationally in your age group are significant and you'll get a t-shirt and cap to impress your friends.



6000 YARD USMS NATIONAL CHAMPIONSHIP POSTAL SWIM AND 1000 YARD POSTAL SWIM: RESULTS

The results are in and 64 swimmers from across the country and Canada entered the 6000. Another 32 opted to compete in the 1,000 swim. Ten relays were entered, two consisting of six swimmers competing in the 1,000 and eight consisting of three swimmers each competing in the 6,000 individual event. Results are being prepared for mailing to entrants. Give me a call if you want to know more about the 6,000.

MEET INSURANCE

A question was raised after the last issue of the Gazette published information regarding insurance for "recognized" meets. Insurance is in effect for USMS registered swimmers at sanctioned and recognized meets when they are run in accordance with USMS regulations.

Recognized meets are those which do not require USMS registration for participation. Unregistered swimmers are not covered by any USMS insurance at these events. An example of a "recognized" meet would be our annual Empire State Games competition when you compete against USMS and non-USMS registered swimmers and your times count for records and other recognition in the USMS arena.

The term "recognized" was adopted recently at convention to replace "approved." The insurance gurus apparently felt it sounded more appropriate for the purpose intended by this designation.

DISTRICT RECORDS

Kay Turner has spent countless hours going over meet results and information received from swimmers. The result, a listing of district records (fastest times achieved by Niagara district registered swimmers to date), will be available at the Syracuse meet and published in an upcoming issue of the Gazette. The records most recently set are listed below.

Notify Kay if you believe your name belongs on the list. Be sure to include your time, age at date of swim, meet date and location.

1994 REGISTRATIONS

George McVey, Registrar

Sixty percent of our 1993 registered swimmers have already re-registered for 1994. Some 190 still need to send in their form and \$25 fee.

In 1994 our goal is to register a minimum of 525 swimmers. We hope you will encourage swimmers you know who have let their registration lapse to rejoin. With a great calendar of local meets, Worlds in Montreal in July, Empire State Games in Syracuse and Long Course Nationals in Buffalo in August, they will not be able to compete without that registration.

This year we mailed the renewal form directly to each swimmer with a windowed return envelope to facilitate re-registration. If you did not receive your form or misplaced it, contact me at 716-271-2323. We do not plan to publish the registration form in the Gazette.

Your input on our mailer would be appreciated. We want to know how you liked the idea.

STROKE/TURN RULES: BACKSTROKE STARTS & TURNS

USMS rules clearly define backstroke starts. From the entry into the water until the beginning of the first stroke, proper procedures must be followed to avoid disqualification.

Swimmers should enter the water feet first, NO DIVING, at the starters command "SWIMMERS, STEP INTO THE WATER."

Once in the water, at the starters command of "PLACE YOUR FEET," swimmers should grip the starting handles and place their feet in the proper position.

For short course you may curl your toes over the gutter but some part of each foot must be underwater. At no time can you stand on the gutter - before or after the start.

In short course meters and long course you must have both feet entirely under water...you cannot curl the toes over the gutter which would place them above the water line.

The new backstroke turn allows swimmers to roll onto the breast before touching the wall if the motion is part of a continuous somersaulting turn (or extension of the arm(s) to the wall) that places the swimmer in a

position to push off on their back.

Once past vertical on the breast, there can be no gliding or kicking into the wall. The arm(s) must be moving in an arm stroke (only one is allowed) and once the arm finishes at the side the swimmer must be somersaulting over.

Should you misjudge your turn and find yourself unable to touch the wall with your feet after the somersault, you will be disqualified. You cannot paddle back to the wall to touch.

For the exact wording of the rule, check your USMS rule book and/or ask meet officials if you have any questions. A rule book is available at every USMS meet.



FELLOW NIAGARA MASTERS SWIMMERS:

The 1994 USMS Long Course National Championship will be hosted by our district and held in Buffalo at the new Erie Community College Pool, the 50 meter pool built for the 1993 World University Games.

This is an excellent opportunity for the Niagara District to showcase our beautiful facility and to raise the funds we need to operate our LMSC and keep our dues down. There is also no doubt that hosting the meet will be a challenging, unique and interesting experience for everyone involved.



To be successful we need your HELP! Mark the dates on your calendar - August 24th thru 28th, 1994. We need you to contribute your time and talent. We also want you to enjoy this opportunity to compete in your events at a National Championship meet right here in our district.

Help is needed **NOW** to plan and coordinate specific areas as well as **LATER** at the meet. The **NOW** jobs are crucial to hosting a successful meet and a memorable experience for the approximately 2000 swimmers and spectators expected to attend.

Please take a moment to note your areas of interest on the bottom portion of this flyer, fold it and mail it back **NOW**. If you have any questions, comments or suggestions, call any of the three meet directors:

Gene Donner	(716) 823-3873	Buffalo Area
Betty Barry	(716) 924-5344	Rochester Area
George McVey	(716) 271-2323	Rochester Area

Remember that many volunteers will make the workload lighter for everyone!

Name: _____ Phone: _____
 Address: _____ Best Time To Call: _____

NOW I am interested in helping with:

- | | | | | |
|--------------------------------------|--|--------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Advertising | <input type="checkbox"/> Hospitality | <input type="checkbox"/> Officiating | <input type="checkbox"/> Registration | <input type="checkbox"/> Souvenirs |
| <input type="checkbox"/> Computers | <input type="checkbox"/> Obtaining | <input type="checkbox"/> Program | <input type="checkbox"/> Social Events | <input type="checkbox"/> Timing |
| <input type="checkbox"/> Decorations | <input type="checkbox"/> "Goody Bag" Materials | <input type="checkbox"/> Publicity | <input type="checkbox"/> Soliciting Sponsors | <input type="checkbox"/> Volunteers |

LATER I am interested in helping at the meet (family members and friends welcome to participate).

Where Ever Needed

Please Check Off Your Available Times:

WEDNESDAY, AUGUST 24	THURSDAY, AUGUST 25	FRIDAY, AUGUST 26	SATURDAY, AUGUST 27	SUNDAY, AUGUST 28
Registration _____	All Day _____	All Day _____	All Day _____	All Day _____
12 Noon - 6:00 pm _____	7:00 am - 1:00 pm _____	7:00 am - 1:00 pm _____	7:00 am - 1:00 pm _____	7:00 am - 1:00 pm _____
	12 Noon - 6:00 pm _____	12 Noon - 6:00 pm _____	12 Noon - 6:00 pm _____	12 Noon - 6:00 pm _____

We will contact you with the follow up information. Thank you for your support. Address in on the other side. Please fold, stamp and mail.
 (Please make copy of this for your records)

EVENTS

Thursday August 25, 1994	Friday August 26, 1994	Saturday August 27, 1994	Sunday August 28, 1994
800 M FREE 1500 M FREE	200 FREESTYLE 50 BREASTSTROKE 100 BUTTERFLY 50 BACKSTROKE 200 FREE RELAY 200 MIXED MEDLEY RELAY 400 INDIVIDUAL MEDLEY	200 BREASTSTROKE 50 BUTTERFLY 200 BACKSTROKE 100 FREESTYLE 200 MEDLEY RELAY 400 FREESTYLE (WOMEN ONLY)	100 BACKSTROKE 200 INDIVIDUAL MEDLEY 50 FREESTYLE 100 BREASTSTROKE 200 BUTTERFLY 200 MIXED FREE RELAY 400 FREESTYLE (MEN ONLY)

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SPECIAL OFFER

An opportunity for you or your employer and friends to sponsor an event at our National Championship (Ex.: 200 Back Female Age Group 25-29). For only \$25.00 and award certificate will be given to the winner of the event in **YOUR NAME**.

OR

Take an 1/8 page ad for only \$50.00 and receive a Championship Meet T-shirt absolutely FREE (\$12.50 value).

OR

Take a 1/2 page ad for only \$125.00 and have your 1995 Niagara District dues paid absolutely FREE (\$25.00 value) or receive 2 Championship T-shirts (one for you and one for your employer or friend) absolutely FREE.

If you would like information on how to sponsor an event or advertise in our program and the advertising rates, just check the box.

PLEASE SEND ME SPONSOR AND ADVERTISING INFORMATION.

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NDMS

4220 South Park Ave.
Blasdell, NY 14219

Place
Stamp
Here

Niagara District Masters Swimming

4220 South Park Ave.
Blasdell, NY 14219