



Niagara District Masters Swimming

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Water Power Gazette

September/October 1997

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Tidbits

If Swimming Were Easy, They'd Call it Football
As seen on a tee-shirt

Remember This

An OLYMPIC swimmer takes 12 strokes per length.
An ADVANCED swimmer takes 13 - 17 strokes per length.
An INTERMEDIATE swimmer takes 18 - 24 strokes per length.
A BEGINNING swimmer takes 25 or more strokes per length.

Something to strive for: Reach, extend, roll shoulders

Pop Quiz

Can drinking carbonated beverages have ill effects on your health?

Recent research shows that consumption of carbonated beverages, particularly colas which contain more phosphorus than other sodas, can increase the risk of bone fractures. This is especially true if sodas are substituted for milk in your diet. Calcium-rich milk protects against the possible harmful effects of drinking carbonated beverages.

The bottom line? Go ahead and enjoy your soda-in moderate amounts; just don't forget to drink your milk.

Chairman's Update

The passing of Labor day marks the start of another SC season and more regular pool workouts. To kick off Niagara Swimming we are hosting a District-wide CLINIC for you and our Masters coaches. Check the calendar and the registration sheet enclosed.

The Fall meet schedule starts off with the B.U.M.S. meet Sunday, Nov. 2nd, followed by the Sunday, Nov. 23rd meet at the Univ. Of Buffalo and the Dec. 7th Pentathlon meet at RIT. There is good distribution and mix offered to each of us. Support the meet directors who offer us these opportunities to get an electronic time by participating in one or more of our Fall meets.

EMPIRE GAMES were in Schenectady with just under 200 swimmers registered. Many Games records were set, for this is only the 2nd time that competition has been in SC Meters. Next year the Games will be in Rochester where we hope to be back to the Long Course format.

Niagara's Annual Meeting is scheduled for Sunday, Dec 7th immediately following the Pentathlon meet. Reports by the various committees, my State-of-the District message and election of officers will be part of the meeting. Food and drink will be available. Your participation in Niagara Swimming affairs is encouraged.

By the time you read this three Niagara swimmers will be on their way to California for the annual USMS Convention. Lorie Gibson-Rick, Kay Turner and Jim Matysek will represent Niagara interests. National officers are to be voted on along with rules and legislation changes.

We are getting a new Registrar with this issue of the GAZETTE. John Pilger of Syracuse Masters is taking over from Jim Matysek. Direct your questions on registration to John. '98 dues will be solicited in the November GAZETTE.

BOB JOHNSTON of Binghamton has brought honor & recognition to the District

with his numerous World and National records this year since aging up to the 80-84 age group. Check inside to see the great times he has made.

OFFICIALS are always needed at our meets. To officiate you have to get certified by USS which generally has classes in the Fall. If you are interested in exploring this option give me a call or send an e-mail.

USMS & NIAG sites on the WORLD WIDE WEB are not only interesting but also crammed full of facts, info and meet results. If you haven't visited them recently you will be pleasantly surprised. Jim Matysek is our own Web Master.

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News From the Web

In August, the Internet Service Provider for our Niagara web site went out of business and that web site is no longer available. We are re-generating the web site on another server. It should be available by the time you receive this newsletter at <http://niagaramasters.home.mindspring.com/>

Speaking of Mindspring, the USMS affinity marketing agreement with Mindspring is now in place. With this agreement, USMS members can receive a quality Internet connection through Mindspring with a reduced setup fee and unlimited connection time for the first 30 days. Details are available at <http://www.usms.org/merch/mindspring.htm>. Sign up forms are available on the web or can be requested from Tracy Grilli at the USMS national office at (603) 537-0203.

The latest addition to the USMS web site is an on line discussion forum. For those familiar with Internet news groups, it is a similar concept, but it is provided through our web site. Some interesting discussions regarding Masters Swimming and valuable information can be found here. The forum can be found at <http://www.usms.org/wwwboard/wwwboard.shtml>.

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1997 Postal Pentathlon

Dec 7, 1997

The 1997 postal pentathlon, sponsored for the 6th consecutive year by the Rochester Area Masters, will be held on December 7, 1997 (meet sheet to appear in next newsletter). A pentathlon is a meet where 5 events are swum: fly, back, breast, free and IM. Competitors are ranked by total time of the five swims. A Postal meet is one where times are submitted and tallied nationally. This will be the 9th year for this national Postal Pentathlon. Last year, we had a record number

of 37 Niagara participants who competed, setting 10 District records. Niagara pentathletes who placed first nationally last year were:

Wendy Ryan 39F
Denise Everitt 44F
Andrew Jones 21M
Thomas Potter 34M
James Pitts 66M

We hope to set a new record for Niagara participants in the 1997 Postal Pentathlon. Any inquiries should be sent to Lorie Gibson-Rick at coachlorie@aol.com or (716)-338-3209.

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Fitness Corner

Only a minority of Niagara swimmers attend coached workouts. This is not a good statistic. It has put Niagara at a disadvantage when our times are compared with other Districts. A workout with a coach on deck and teammates in the water with you makes for an interesting and challenging workout.

Your officers have tried to get more Masters teams organized but with limited success. SWIM magazine continually reminds us that poor and improper stroke technique does us no good. We're only reinforcing bad habits. Just think how much more enjoyable a workout can be if you have new ideas and special drills to help improve your strokes. Hey, who knows you may even get faster.

Swimmers Clinic: at RIT - 9am-1pm

The Niagara District is hosting a Clinic Sunday Oct 12th not only for the uncoached majority but for all of our swimmers. We are bringing in a nationally recognized Coach, Scott Rabalais, from Crawfish Masters to help you understand how to improve your freestyle. Let's not waste another lap doing poor mechanics.

Coach Rabalais will go over each swimmers videotape and personally critique you on deck. This first hand visual feed back can greatly improve your understanding of what you are doing and what you need to work on.

Don't let this chance go by. Space will be limited. Sign up now.

Coaches Clinic: at RIT 6:30-9pm

Anyone who swims on or coaches a Masters team will be interested in hearing how Coach Scott Rabalais has successfully run his Crawfish Masters Team. Saturday evening October 11th Scott will share his insights on coaching Masters swimmers, running a successful Masters program, and fun team concepts. Scott will also be going over the latest Freestyle stroke technique. Coach Rabalais has made Masters

swimming his profession. He has reached the top level of his profession being named the 1995 USMS coach of the year. Let Scott help you make your team a success.

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Niagara District Masters Mentor Clinic:

Miscellaneous Information

Hotels:

Each Hotel is Holding 10 Rooms Under Niagara District Masters Swimming

Hampton Inn, (716) 272-7800
717 E. Henrietta Road
Rate: \$75 double bed, \$79 king bed
Includes Continental Breakfast

Marketplace Inn, (716) 475-9190
800 Jefferson Road
Rate: \$59 single, \$66 double

Wellesley Inn, (716) 427-0130
797 E. Henrietta Road
Rate \$50, two (2) double beds or a king bed

Directions:

Coaches Clinic: Held in Student Life Center Classroom. Park in Lot D.
Swimmers Clinic: Held in pool. Building 3 behind Ice Rink. Park in Lot D.

From East:

- | Take 390 W to Jefferson Road
- | Turn right on Jefferson heading West
- | Pass Marketplace Mall. RIT is on the left, just after the Radisson Inn
- | Turn into campus on Lowenthal Road (at light)
- | Take a right at the stop sign
- | Turn left into Parking Lot D
- | The Pool is on the right across the road
- | The Student Life Center is on the left past the tennis courts

From West:

- | Take 390 E to Hylan Drive
- | Turn left onto Hylan Drive heading North towards Marketplace Mall
- | Turn left onto Jefferson Road
- | Follow directions above onto Campus

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Aging Up

The following Niagara swimmers will be aging up to the age groups shown in September and October, and are eligible for an assault on the Niagara record books in their new age groups.

BRIAN BEACH	M50-54
TINA BUZAK	F35-39
CHRISTOPHER DECICCO	M25-29
RICHARD EMMOTT	M30-34
DENISE EVERITT	F45-49
CINTHIA GARCIA	F40-44
ROBERT GREENE	M40-44
RACHEL HUNSINGER	F30-34
DONNA KAIN	F50-54
TOM MEADE	M50-54
FRANCIS NICHOLS	M50-54
THOMAS POTTER	M35-39
PATRICIA RANKIN	F60-64
MARK ROSENTHAL	M40-44
PAUL RUGGERI	M35-39
STEVEN SCHAEFER	M40-44
GREGORY WEBER	M45-49
AMY WISNER	F35-39

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Congratulations

CONGRATULATIONS to 80 year old Bob Johnston of B.U.M.S. for his THREE World & FOUR National records set so far this year.

At LC Nationals in Orlando he broke the existing 1500Free World mark with a 28:44.42 (old: 28:54.95). On the way to that record, he set a National 1000 time of 15:26.00 (old was 15:45.20).

At Empire's SCM he set 2 World marks: 1500Free 27:33.01 (old:28:43.31) & 400Free 7:03.26 (old:7:05.20). In addition, he set a National record in the 800Free with a 14:49.24 (old: 15:07.97).

In the Districts at UB he broke the 500Free National mark of 8:00.65 with a swim

of 7:58.65. Earlier this year at the B.U.M.S. meet he set a new National 1000Free mark with a 16:26.97 (old:16:55.27).

Niagara Swimming is proud of you Bob and look forward to you sharing with us some of your secrets of longevity and swimming in future issues of the GAZETTE!

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Annual Meeting - December 7

Immediately following the Pentathlon meet at RIT

Agenda:

- | State of the District
- | Election of Officers

Refreshments Served
MARK YOUR CALANDERS

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New Members

We extend a warm welcome to the following people who have become new members of Niagara District Masters Swimming this summer:

WILLARD DEGOLYER	M50 CASTILE
MEGHAN DEGOLYER HAUSER	F27 PERRY
BARBARA DOMBROWSKI	F39 SLOAN
JANICE DOUGLASS	F47 CORTLAND
GORDON DOWNIE	M42 WILLIAMSVILLE
ALLAN DREW	M54 JAMESVILLE
WILLIAM DUFFY	M90 CORTLAND
GARY EARL	M35 WEEDSPORT
DEBBIE EDDY	F39 GAINERSVILLE
WILLIAM ERNST	M23 WEBSTER
CHIP FRANZ	M38 EAST AMHERST
JAMES GOODENOUGH	M37 BALDWINVILLE
ANNETTE GRANGER	F37 PIKE
LISA GREEN	F32 GOWANDA
JANELLE HECKER	F20 CANANDAIGUA
DONNA KAIN	F49 BUFFALO

AMY LANCASTER	F25 SYRACUSE
FRANKLIN LESEFSKE	M56 GOWANDA
RODNEY LOGAN	M45 SILVER SPRINGS
BRENT MATHESON	M30 SKILLMAN
DONALD MILLER	M66 ORCHARD PARK
SANDY PERCHY	F57 GOWANDA
MELISSA PETERS	F44 DAYTON
BRADLEY PFISTER	M26 ROCHESTER
GUY PIRDY	M38 CASTILE
DEBORAH REASE	F38 CASTILE
MARY SPETH	F39 BUFFALO
JAMES STEERER	M33 GOWANDA
ALAN SZARY	M36 ITHACA
WENDY WALLACE	F40 CASTILE
RENE WARGO	F33 DAYTON
LAURA YEHLE	F20 ENDICOTT

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In Search of Flexibility

Reprinted from the Health Letter Review

Flexibility is defined as the range of motion about a joint. How flexible you are depends on a number of factors, including your age, inheritance, your physical activity, the structure of your joints, the elasticity of the connective tissue within your muscles and tendons or the skin surrounding a joint, and the degree of coordination between your body's nervous and muscle systems.

Flexibility training is designed to help you achieve the full range of motion for each joint. Some benefits of increased flexibility are:

- | increased range of motion
- | improved balance and posture
- | reduced stress
- | decreased risk of back injury

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