



Niagara District Masters Swimming

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Water Power Gazette

November/December 1997

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Tidbits

Are we going to see ya' Sunday, November 23rd at the Amherst Campus of the University of Buffalo for our SCY meet? Warm-ups are at 8:30 with meet starting at 9:30am. With our 8 lane pool you should be out by 1pm. Q's? call Marrie Neumer, 716/645-3628 OR e-mail neumer@acsu.buffalo.edu

Many beach-goers were naturally curious what famous person required an entourage of 17 bodyguards just to go into the ocean. They were more interested when they saw that he swam breaststroke for a full hour. Turns out it was the 71 year old president of China, Jiang Zemin, taking a

swim during his stopover in Hawaii.

TIP: Preventing Shoulder Injury

In addition to total-body stretching before and after swimming, you should acknowledge the first twinges of shoulder pain rather than try to ignore them. The earlier you catch the pain and get some rest, the shorter its duration. You might also consider weight training to maintain muscle balance. Mix in some breaststroke since it's easier on your shoulders.

USMS 1998 Indianapolis Short Course Championship

May 7-10, 1998

Air Travel Discounts: 1-800-773-8468

Masters Coaches

Remember to sign up for MACA (Masters Aquatic Coaches Association). Membership Chairman: Don Mehl, 600 Willow Glen Dr., El Paso, TX 79922-2209. Annual Dues \$20.00.

Chairman's Update

UB Meet

Sunday, Nov. 23rd at UB is our next meet. Buffalo Area Masters is the new team on the block with 40+ members. Marrie Neumer is their coach. You might remember her when she was swim coach at U of R. They promise a good meet soooooo get your entries in ASAP.

6th Annual Pentathlon

Saturday, Dec. 6th is the 6th Annual Pentathlon hosted by the RAMS at Fairport HS. Your total time for the 5 events determines your place. The times made at this meet will be used in the National Postal Pentathlon. Last year Niagara participants were the largest group in the Postal event.

Niagara's Annual Meeting

Niagara's Annual Meeting will be held at the conclusion of the Pentathlon. Officer & Chairman reports will be given along with the election of officers. Since Niagara will be hosting the Empire Games this year in Rochester we will be discussing possible venues. We are interested in your views.

Short Course Nationals

The 1998 SC Nationals will be held at the Indianapolis Natatorium, May 7-10. The Natatorium is a gorgeous facility, world renown for its fast pool. Publicity is well underway. A large turnout is expected.

Niagara plans on making this our BIG meet. Hotel rooms have been reserved and

Coach Lorie is planning on a large number of relays. Remember the District will pay for your relays. Get in touch with me for details.

Empire State Games Records

Niagara was once again the largest group at Empire Games and they produced a large number of Games records. Check inside to see who did what. 1998 might be another SCM meet if ESG uses the University of Rochester facility.

Freestyle Clinic

The Freestyle Clinic hosted by the District was a big success thanks to the fine presentation by Masters Coach of the year, Scott Rabalais. Each swimmer was videotaped twice and had in-pool instruction on the latest theories of freestyle swimming. Coach Lorie coordinated the arrangements. Her observations on the Clinic are in her Fitness Corner column.

Registration

The 1998 Registration form is part of this issue. Your current card is good through December 31, 1997 but this is the only form you will get before the middle of January. Note the check-offs for the Swimming Hall of Fame and the newly created USMS Foundation. Send your renewal and check to our new Registration Chair, John Pilger, NOW so you don't forget it.

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Fitness Corner

Clinic Report

On the warm sunny weekend of October 11, 1997 Niagara District was honored to have Scott Rabalais, USMS Coach of the Year and head Masters Swim coach of Crawfish Masters, run a USMS sponsored Mentor Clinic.

On Saturday night at RIT six district members attended Scott's discussion on how to run a successful Masters program. Coaches Lorie Gibson-Rick (RAMS), Dave Allen (UR) and Laura Love (Canandaiqua) learned several great ideas from Scott. It was an evening for sharing thoughts/ideas/technique for all Masters programs. It also allowed the three Niagara coaches to meet and talk over the concerns that affect Niagara swimmers.

Scott discussed how Crawfish Masters, a program with over 140 members, runs workout structures, organization of the team as well as techniques to improve our programs. Scott runs a tight ship back home at LSU (they beat Florida that weekend too), so watch out--you may be seeing a few changes in your coach's workout. Hopefully for the better.

Twenty one Niagara District Masters attended the swimmers part of the clinic the following day. Of the 21 attendees, 19 regularly train with a coach.

I was very surprised at the low turnout. First, I was hoping for at least 30 swimmers to attend the clinic and secondly, I thought having the opportunity to be video taped by a nationally ranked coach would benefit swimmers who train without a coach.

Scott acted as the lead coach, with assistance from Lorie and Laura. Viewing a Nationally ranked USS freestyler while Scott discussed proper stroke technique was most helpful. Most swimmers found the underwater "snooper" that viewed their freestyle stroke from below the water to be the most successful part of the clinic. Scott did a great job with stroke analysis; all 21 swimmers went home with several ways to improve their freestyle technique.

Personally, I felt the clinic was a great success. Those of you who missed this one truly missed out!

Chairman's Response - George McVey

We are very aware that the majority of Niagara swimmers do not participate in coached workouts. This is the reason that Coach Lorie worked so hard with our National office to get the recent Clinic in the District. Instead of getting a significant number of the "uncoached" we counted only two of the 21 attendees among the uncoached.

I was not only surprised but also disappointed by the lack of interest in such a worthwhile investment. The underwater video taping and review was the most appreciated segment of the Clinic. I know only too well that Niagara Masters swimmers want to post personal bests, yet they do not avail themselves of an opportunity like this.

Triathletes are willing to pay Terry Laughlin more than \$400 for his freestyle swimming clinics. Why don't Masters swimmers realize the importance of this modest investment in time & effort for a clinic in their own backyard. Sometimes I wonder if I am expecting too much.

RAMS would be open to running another Clinic - maybe stroke - in the near future but I have my doubts after the luke-warm response we got with this clinic. Anybody have comments?

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Annual Meeting

Date: Saturday, 12/6

Time: After Pentathlon Meet

Where: Fairport High School

Agenda:

Officers & Chairs Reports
Election of Officers
Meet Schedule
1998 Empire Games
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Convention Report

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National One Hour Swim

On Sunday, January 25, 1998 RAMS will be hosting the USMS National one hour swim during practice (8:30 AM at RIT). All district members are welcome to come swim at RIT with our team. If you choose to swim this event in your own pool please mail me your results so I can put together District relays. Last year a few of you mailed in your results on your own and our team could have placed several results higher if I would have been able to put together more relays.

The hour swim is a great opportunity to take part in an international event without leaving your hometown workout pool!

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The older you get, the more strength training you need

According to Dr. Ken Cooper, author of the ground breaking 1968 book "Aerobics" and founder of the Cooper Wellness Program in Dallas, "men past 50 commonly lose weight, but don't lose fat. They lose muscle."

Specifically, Cooper recommends changing your exercise routine to focus more on strength training as you age. His ratios for time spent on aerobic exercise vs. strength training at different ages are as follows:

- + 30s: 80% - 20%
- + 40s: 70% - 30%
- + 50s: 60% - 40%
- + 60s & 70s: 55% - 45%

As you age and lose muscle, you also lose flexibility. So stretching becomes far more important. What we previously attributed to physical effects of aging are, in reality, adaptive responses. That is, these things occur in our bodies not so much because we grow older, but because we become more sedentary .

How much of this muscle loss is natural and how much results from a more sedentary lifestyle is debatable. But it has been well-documented that the loss is unnecessary and preventable.

It is a matter of rusting out, not wearing out. Research by Cooper and others suggest that many changes associated with aging are self-fulfilling prophecies: People become less active because that is what they expect. Many people who exercise regularly have been able to continue doing so into the 70s, 80s and 90s.

Even more remarkable are the results obtained by seniors who started exercising for the first time at these ages, and doubled or tripled their strength and endurance. More evidence for the phrase USE IT OR LOSE IT.

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Etobicoke Masters Host HUGE Meet in March

Etobicoke Masters (EOMAC) is hosting the 1998 Ontario Masters Swim Championships at our home pool, the Etobicoke Olympium, on March 13-15, 1998. We are expecting upwards of 600 participants, so we certainly extend a warm welcome to our Niagara District friends, old and new.

Come up and take advantage of our great facilities in the 25 metres format for a change; (it's just 1 or 2 more strokes, eh!) We will run the meet double-ended in our 50metre pool all weekend, with a smaller warm-up/down pool as well. All 18 SCM events will be swum, including the chance to swim BOTH 1500metres (Friday night), AND 800metres freestyle (Sunday, last event), for you I/d specialists (that's 'long distance', not 'learning disabled'). Also, all of the 4x50m relays are offered--Men, Women and Mixed. Remember that we use the total age of all 4 members of a relay (ages as of the last day of the meet), with relay age groups of 80-99yrs, 100-119yrs, 120+, 160+, 200+, 240+, etc. All relays will be deck-seeded, but prepaid. No deck entries permitted.

Meet package and entry forms will be available approx. Dec.20, from--

Charlie Lane, EOMAC Meet Manager
306-185 Stephen Drive, Etobicoke, Ontario,
Canada. M8Y3N5
Ph (416)-207-9626
email--sharkarn@idirect.com

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News From the Web

The latest additions to the USMS and Niagara web sites include [Results.net](#) and the complete USMS [Places to Swim](#) publication.

[Results.net](#) is a page where anyone across the country can add links to their own Masters meet results. This page is a great page to add to your bookmarks if you

would like to find out how you are doing relative to others in your age group all over the country.

The **Places to Swim** database is searchable by LMSC, City, and/or State. If you are planning to travel for business or pleasure, be sure to stop by to locate a place to swim while you are away. This USMS database is also now the source for our local places to swim listing at the Niagara web site. If any information about your local pool changes or you would like to add more information or add a new listing, you can submit the information directly from the web page listings.

Our affinity marketing agreement with Mindspring is in place now, and our members are now able to obtain quality Internet Services for a reduced start up fee. If you are tired of busy signals and poor service from your current Internet provider, **check out the details** of the USMS/Mindspring program. If you are interested in trying out the Internet for the first time, contact Jim Matysek for a Mindspring application form.

Any workout groups in the Niagara District that would like to put their own information on the Niagara web site should **contact Jim Matysek**. We have enough space to allow our various 'teams' to provide your own specific information about your pool, coaches, workout times, social events, to post workouts, or whatever else you would like (within reason).

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Niagara Financial Statement

Covering the period from 1/1/97 - 9/30/97

Starting balance \$5671.96

Income

Meet sanctions	775.00
Swimmer registrations	10585.00

Expenses

Reg fees to National	5492.00
Newsletters	1317.32
Postage	275.20
Meet sanction refunds	525.00
Tax Return (Accountant)	685.00
Other	773.50

Ending balance \$7964.14

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1997 US Masters Synchronized Swimming Championships

The Buffalo Synchro Masters traveled to Norton, MA, Oct 23 -26, to compete in this championship meet and were thrilled to place 2nd in an eleven team field in the 40+ age group. The eight man team, made up of Niagara members Clare Hans, Amy Johnson, Patricia Rankin and Nancy Schoepperle joined by Anna Caci, Katie Lama, Kristina Moore and Amy Surra, swam their free routine to circus music prepared by Nancy.

First place medals in both the Solo and Trio 20+ age competition were also captured by Buffalo.

The compulsory technical figures (which are averaged into the final team score) saw Clare and Pat place 7th, Amy 2nd, and Nancy 1st in their different categories.

The Buffalo Synchro Masters are coached by Kathy Rankin, Pat's daughter, and have hopes of competing next year in Portland, Oregon.

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New SCM Empire Games Records by NIAG Swimmers

WOMEN

19-24 Laura Yehle: 50Free, 50Fly, 100IM
 19-24 Rebecca Kuntz: 50,100 & 200Back, 200IM
 25-29 Francesca Crannell: 50, 400 & 1500Free, 200Breast, 400IM
 30-34 Libby Leeds: 50, 100 & 200 Breast
 35-39 Wendy Ryan: 50Free, 50Back, 100Breast, 100IM
 35-39 Judy Bablok: 400Free, 100 & 200Back, 200Fly, 200 & 400IM
 40-44 Debbie Lennox: 100 & 200Free
 45-49 Candy Kane: 100, 200 & 800Free, 50, 100 & 200Back, 200 & 400IM
 45-49 Holly MacMurray: 50, 100 & 200Breast, 100IM
 50-54 Kay Turner: 200, 400 & 800Free
 55-59 Sandy Kingdon: 100, 200, 400 & 800Free
 55-59 Amy Johnson: 50, 100 & 200Breast, 50Fly
 60-64 Marie Mulcahy: 50, 400 & 1500Free, 50Fly
 60-64 Janet Steck: 50Breast
 65-69 Dolly Hinckley: 200, 400 & 1500Free
 65-69 Stefanena Kysor: 200Back
 70-74 Irene D'Agostino: 1500Free
 70-74 Nancy Schoepperle: 50, 100 & 200Back
 70-74 Betty Dunn: 50Fly, 100, 200 & 400IM
 75-79 Sue Marvel: 100, 200, 400 & 1500Free, 200Back
 75-79 Anneliese Eibl: 100Breast

MEN

19-24 Eric Capalupo: 50 & 100Free, 50 & 100Fly
 19-24 Christopher Decicco: 1500Free, 200Breast, 100 & 200IM
 25-29 Benji Demotte: 50 & 100Free, 50, 100 & 200Fly, 200IM
 25-29 Eric Winkky: 50 & 100Back, 100IM
 30-34 Brian Bennett: 50, 100 & 200Free
 30-34 Thomas Potter: 50Fly, 100 & 200IM
 35-39 Richard Forrestel: 50Fly, 400IM
 40-44 Paul Bartlett: 1500Free
 45-49 Scott McNealus: 100Fly, 200IM
 50-54 Dennis Matyko: 100, 400 & 800Free, 200Breast, 100 & 400IM
 60-64 Bill Radack: 50, 100 & 200Back
 60-64 Jack VanLandingham: 50 & 100Breast, 100IM
 65-69 Jim Pitts: 50, 100, 200 & 400Free
 65-69 Bill Weber: 100 & 200Back, 100Fly 100, 200 & 400IM
 75-79 John Cranch: 800Free, 200IM, 50, 100 & 200Back
 80-84 Bob Johnston: 100, 400 & 1500Free, 200Breast
 85-89 George Batki: 50, 100 & 200Back, 50, 100 & 200Breast
 90-94 Bill Duffy: 50 & 100Back, 50 & 100Breast



Niagara District Shows Up In Force at the Empire State Games

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Officials Corner

Every swimmer at some time in their career has dealt with getting disqualified.

USMS rules were created to make sure every swimmer has the same opportunity; a fair chance to compete with no one given an unfair advantage. The rules are

enforced by officials who receive many hours of training before being certified.

Your coach or an official are the best people to answer your questions about the rules.

Most Common DQs

Using stats from 3 National Championships the following figures were culled.

Early take off on relay	35
false start	22
fly kick during breast	22
did not finish	21
past vertical during back	18
shoulders not level during breast turn or finish	16
non-continuous back turn	15
one hand touch (fly or breast)	12
underwater recovery during fly	10
non simultaneous touch fly/breast	8
alternating kick during fly	6
double pull during breast start or turn	6
wrong stroke; out of sequence IM	4
alternating kick during breast	4
no touch on back turn	3

The most common DQ, early relay take off, indicates an area that coaches and swimmers need special attention. The second most common DQ, the individual false start, surprisingly was often not in the sprints. In fact, there were no false starts at Nationals in either the 50 or 100 free.

Again practice pays off. Learning a stable stance and to wait for the gun will reduce your chance of false starting.

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Aging Up

The following Niagara swimmers will be aging up to the age groups shown in November and December.

Francis Nichols	M50-54
Richard Emmott	M30-34
Paul Ruggeri	M35-39

Amy Wisner	F35-39
Robert Greene	M40-44
Tom Meade	M50-54
Denise Everitt	F45-49
Mark Rosenthal	M40-44
Michael Kozlowski	M50-54
Allison Bembe	F25-29
Scot Milne	M45-49
Christine Regelsberger	F30-34
Stephen Meyers	M35-39
David Soule	M30-34
Kevin Porteus	M35-39
Sterling Klinck	M65-69
John Howe	M75-79
George Chornobil	M45-49
Mary Speth	F40-44

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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:

John Lauricella	M33	Williamsville
Carol Wolk-Engst	F45	Fabius
Jodi Schaefer	F26	Syracuse
Deborah Vriesenga	F30	Syracuse
Stan More	M46	Fayetteville

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