



# Niagara District Masters Swimming

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## Water Power Gazette

January/February 1998

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## Chairman's Update

### UB Meet

#### Start the New Year Out Right

Now that we are all back in the pool, why not test your prowess at one or more of the upcoming meets? Then join the Niagara swimmers that are planning on going to SC Nationals in Indianapolis this May.

### One Hour Postal

If you have not done the one HOUR POSTAL in the past you should give it a try. It can be done in your own pool anytime in January. Entry info. in SWIM. Contact Coach Lorie to see how your time/effort can be put with other NIAG swimmers to form a relay.

### 1998 Meet Schedule

We have a full, attractive meet schedule in varied locations. DISTRICTS will be in Rochester, STATES at the great Nottingham pool in Syracuse and ZONES at Rutgers in New Jersey. Check the calendar for dates.

### **Skehan Award Nominations**

We are open to nominations for the '98 Skehan award. This recognition is given yearly to the person or persons who have contributed significantly to the growth and advancement of Masters swimming in the District. Send your choice with supporting data to the Niagara Chair by March 1st.

### **1998 Registration**

Your REGISTRATION must be current to participate in any meets and continue to receive the GAZETTE and SWIM magazine. We run on a calendar year basis. The sign up form in this issue is your last reminder.

### **Empire State Games**

EMPIRE GAMES will be in Rochester the last weekend in July. (Note the date change.) A shortage of 50m pools may bring us back to the U of R where we ran a 25M meet in '94. Save the dates July 25 and 26.

### **Fitness Month**

February is FITNESS MONTH and an opportunity for you to consider trying the CHECK OFF CHALLENGE. There will be 18 pool events over the course of 1998. Entry blank and info. in the current issue of SWIM.

### **SC Nationals**

SC NATIONALS, May 7-10, will be a priority for Niagara. Indiana Univ Natatorium is one of the fastest pools in the country and Indianapolis is listed as the sports capital of the hemisphere. Check inside for details.

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### **Coaches Corner**

Take advantage of the '98 planner in current issue of SWIM. It's an excellent tool to keep track of your weekly yardage. It also makes it easy to record meet dates and your times.

### **Short Course Nationals**

I need to turn in the relay sheet by March 26th. Any Niagara swimmer planning on attending Nationals should call, or email me, if they are interested in swimming on a relay. The District will pay and it is another way of experiencing a National meet. We should have a large turnout which means some good relay combinations.

### **One Step to Swimming Faster**

Each and every day we make choices in our lives. Some choices are easier than others. Masters swimmers are choosing the water to be at least one form of their fitness program. Why not make a choice to swim more efficiently and faster without adding more time to your workout? We have a list of coached workouts on

page 2 of each issue of the GAZETTE. Check out these possibilities if you don't practice with a coach on deck.

Many Masters swimmers can write their own workouts since they swam age group, high school or college. But writing a workout is only a small portion of a coaches job. Can you see your improper stroke technique? Do you know how far your feet are from the surface when your kicking? I don't think ssssooo! . A good coach is your best source for helping you swim better and smarter.

17 years as a Masters coach has shown me the value of someone being on deck to encourage them to do one more 500 or use their legs when they are so tired. It's a coaches job to give positive reinforcement to each and every swimmer during the practice. This will assist swimmers in doing more and going faster than they believed they could. A coach is able to get you doing intervals you never thought you could.

Having someone physically on deck each and every workout who knows your strengths and weakness is the best step to better fitness in 1998. No chalk board workout or a lifeguard can give you the training that a coached workout can. Make the choice to find a coached workout and swim faster in '98! .

**FYI. . . .**

The following offer excellent instruction in swimming more efficiently & faster:

Total Immersion Swim Camps 1-800-609-7946

GEO SWIM Challenge 1-719-264-9301

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## **Annual Meeting Minutes Fairport H.S., DEC. 6, 1997**

The meeting was called to order at 1:45PM by Chairman McVey following the Pentathlon meet hosted by RAMS.

Present: George McVey (Chairman), John Pilger (Registrar), Lynn Fuller (Treasurer), Amy Johnson (Secretary), Lorie Gibson-Rick (Fitness), Kay Turner (Records), Denise LeVan (Sanctions), Jim Matysek (Webmaster), Cheryl Mills.

1.

Elections - Two year terms beginning 1/1/98.

Chairman - George McVey

Registrar - John Pilger

Treasurer - Lynn Fuller

Secretary - Amy Johnson

a. The nominations committee found no candidate for the chairmanship.

George McVey agreed to continue for at least one more year while the board makes a serious effort to find a "co-chair" to work with him, become familiar with the job and take over the chairmanship by the second year.

- b. Cheryl Mills withdrew her nomination for secretary in order to accept the Sanctions chair.
2. Secretary and Nominations - Written reports submitted.
3. Treasurer - Written report for 1/1/97 to 12/6/97. Niagara has about \$8,000 in its treasury with \$1,200 in outstanding bills.
4. Registrar - 426 member for 1997. As of 12/6/97, Niagara has 146 registered for 1998 of which 41 are renewals and 105 are new. These 105 may reflect response to a special November mailing to members who failed to renew in 1997.
5. Sanctions - Denise LeVan resigned the office. The meeting appointed Cheryl Mills as new Sanctions Chairman.
6. Records - Written report submitted. Kay Turner will continue as chair for one more year before transferring the position to Bill Walter. Kay wants to complete SCM records and work with Jim Matysek to upgrade the computer software to allow monthly updates of all district records on our web page.
7. Webmaster - Written report submitted. Our Internet service provider has been changed to Mindspring and costs about \$84 per year. Jim has set up e-mail aliases for Niagara officers using the name of the office rather than personal addresses.
  - a. Meet results on Niagara Website - Meet host, send results to Jim Matysek in file format (e-mail or floppy) for posting on the web site.
  - b. Empire Games Records will be taken over by Adirondack Masters once the design of the database is completed.
  - c. Niagara SCY records are on the website, LCM records to follow. Jim is working to complete a database design which eliminates manual scanning and entry of results and will allow the Records chair to directly generate the web version.
8. Fitness - Lorie Gibson-Rick
  - a. October Freestyle Swim Clinic with Scott Rabalais - Turnout was less than expected; each swimmer was videotaped from two angles and had his stroke analyzed; the coaches' clinic was excellent.
  - b. Written guidelines and format for a USMS meet are needed and should be included in the sanction application.

## New Business

1. Empire Games
  - a. George and Lorie will meet with ESG officials on 12/9. The 1996 Buffalo games had problems with media coverage of swimming and confusion over masters swim registration being separate from other master sports. No report yet on the 1997 games.
  - b. 1998 Games will be in Rochester. Pools being considered are Brockport,

U of R, and Genesee Valley. The meeting preferred a LCM pool. The Masters swim committee. will coordinate with the ESG officials to reduce expenses and ease the committee's work.

2. Adirondack & Niagara Merger - The idea was discussed. Further study is needed. No action taken.
3. One Hour Postal Swim - RAMS will hold the 1 hour postal on 1/25/98 at 8:30AM at the RIT pool. If swimming elsewhere, please forward results to Lorie for Niagara relays submission.
4. Geo Swim Challenge - A mailing recently received by members. USMS chose not to sponsor this event because of insufficient information.

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## Officials Corner

The Meet Referee is responsible for seeing that the competition is conducted according to the rules.

Swimmers should not step up on the starting blocks or enter the water until directed to do so by the starter. There continues to be uncertainty by a number of NIAG swimmers of where their feet should be after the starter announces STEP UP PLEASE.

Unlike age group swimming, Masters forward start necessitates that at least one foot must be at the edge of the starting block, the edge of the pool or if starting in the water, facing forward with at least one hand in contact with the edge of the pool.

The referee judges when all participants have taken their positions before signaling the starter with a blast of the whistle to announce the start. The race will not begin after the "Take Your Mark" until everyone is motionless.

Your coach, a meet official or the '98 rule book are the best sources for answers to your questions about the rules.

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## New District Records

November 9, 1997

BUMS, U. Binghamton, Binghamton NY

Swimmer	Age	Event	Time	Previous record
William Duffy	90M	50 Back	1:30.57	nr
William Duffy	90M	100 Breast	3:46.02	nr

**November 23, 1997****Buffalo Masters, University of Buffalo, Amherst, NY**

Swimmer	Age	Event	Time	Previous record
Wendy Ryan	40F	50 Free	27.34	C. Bodmer 27.48
Wendy Ryan	40F	50 Breast	35.06	M. Maldovan 35.54
Ryan Forrestal	23M	200 Free	1:57.09	W. Murray 1:58.84
Ryan Forrestal	23M	500 Free	5:21.15	W. Murray 5:32.10
Ryan Forrestal	23M	1000 Free	11:00.60	R. Manuel 11:15.02
Kevin Hook	36M	50 Free	22.41	T. Callahan 22.94 (1987)
Kevin Hook	36M	100 Free	48.64	C. Roberts 51.68
Kevin Hook	36M	200 Free	1:47.14	B. Gianniny 1:54.84 (1986)
Jack Howell	67M	100 Fly	1:31.18	H. Forest 1:42.66
Jack Howell	67M	200 IM	3:20.97	W. Weber 3:21.08
John Cranch	75M	200 Back	3:32.53	W. Eibl 3:39.70

**December 6, 1997****Rochester Area Masters Swimming, Fairport HS, Rochester, NY**

Swimmer	Age	Event	Time	Previous record
Amy Tompkins	26F	50 Free	25.80	D. Dourlain 25.84
Denise Everitt	45F	200 Free	2:19.45	J. Gram 2:29.60
Holly MacMurray	47F	50 Back	35.84	H. MacMurray 36.02
Denise Everitt	45F	200 Back	2:46.39	H. MacMurray 2:48.06
Denise Everitt	45F	200 Fly	2:39.60	J. McCarthy 3:16.19
Denise Everitt	45F	400 IM	5:35.88	K. Turner 6:29.56
Kay Turner	50F	100 Back	1:30.08	L. Murray 1:33.54
Louise Murray	57F	50 Free	35.50	P. Barlow 36.94
Sandra Kingdon	59F	100 Free	1:17.86	S. Kingdon 1:19.59
Amy Johnson	55F	50 Breast	44.59	V. Bauhofer 48.09
Amy Johnson	55F	100 IM	1:32.72	S. Kysor 1:41.65 (1986)
Tom Steele	41M	50 Back	28.24	T. Steele 28.63
Tom Meade	50M	50 Free	24.87	D. Walters 24.93
Tom Meade	50M	50 Back	31.28	G. McNamara 31.96
Tom Meade	50M	50 Fly	27.08	D. Walters 28.90
Tom Meade	50M	100 IM	1:05.48	W. Radack 1:12.17

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## Women's Water Polo and the Olympic Games

The FINA President, Mustapha Larfaoui, has concluded an historic agreement in Sydney with the organizers of the Games which will celebrate the 27th Olympiad in the year 2000, for Women's Water Polo to be in the program. 6 teams of 11 players will be invited, whereas, as before, the men's tournament will reunite 12 teams of 13 players.

This happy conclusion is a great success for FINA. The FINA President would like to underline the important support received from the President of the IOC, Juan Antonio Samaranch, to whom he had requested aid from in Sydney. The FINA President would also like to express his gratitude to Dr. Jacques Rogge, Member of the IOC and Chairman of the Coordination Commission for the Olympic Games in Sydney 2000, as well as to Mr. M Knight, President of SOCOG, John Coates, President of the Australian Olympic Committee Inc., and Mr. Gilbert Felli, Director of the IOC Department of Sports and Relations with International Federations

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## Empire State Games - Date Change

The dates new dates for the Empire State Games are July 25 & 26, Saturday & Sunday (not as we had thought - the 1st weekend in August). The venue will be the 8 lane 25m course at the University of Rochester. This is the same pool that the Games were run in 1994.

What has also changed is our sponsorship under the umbrella of the New York State Empire Games. We now will be more included in the operation of the other Masters sports. Applications will come from Albany (not from your district newsletters). Another innovation that will affect you is the unflinching DEADLINE. It will be a month before the competition. No ifs, ands or buts.

And since we will not be using the newsletter to get out the meet information, it will be your responsibility to get in touch with Games office in Albany for entry info. Those who participated in '97 competition will automatically get an entry form. Therefore, if you are interested in ESG '98 and did not compete in the '97 Games, you need to contact ESG office in Albany after March 1st.

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## Registrar's Report

1998 registrations to date stand at 266.

Females: 91 (34%)

Males: 175 (66%)

235 still have not sent in their '98 money. If you are one of this "unchurched" group, this will be your last issue of the GAZETTE & SWIM magazine.

Nationally, USMS registered more than 34,000 swimmers in 1997. Club signups was as large as 8,100 and as small as 20. 57% were male and 43% female. ('97 Niagara registrations totaled 425 with 60.2% male & 39.8% female).

USMS reported that the largest age group for men was 40-44 and for women it was 35-39. Niagara's 35-39 males were our largest group while we had a tie between females 30-34 & 35-39.

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## Results: Postal 3000

Six swimmers from the Niagara District participated in the 1997 Postal 3000/6000 this past October. Placing first in their age division were Sandy Kingdon and Sue Marvel of RAMS. Sue, 77F, set a new National 3000 record with a time of 1:00:32.94.

**CONGRATULATIONS SUE!!!**

Placing second was Kay Turner; third place winners were Denise Everitt and Jim Matysek, with Arlene Weyman placing 7th. Also placing first was the 45+ relay of Everitt, Turner and Kingdon. With 26 teams and 85 individuals competing, Niagara Masters scored 6th in the Team Results for the 3000. We hope more Niagara swimmers will participate in this postal next year.

Denise Everitt	44F	38:37.49	3rd
Kay Turner	50F	48:39.93	2nd
Arlene Weyman	52F	1:00:40.63	7th
Sandra Kingdon	58F	49:47.40	1st
Sue Marvel	77F	1:00:32.92	1st
Jim Matysek	37M	36:11.73	3rd
Everitt, Turner, Kingdon 45+ Women 2:16:54.82 1st			

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## Aging Up

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

JEFFREY WILCOX    M35-39  
JAMES MALLORY    M40-44

JULI WYLEGALA F40-44  
 DONNA JOHNSON F35-39  
 CHRIS GODLEWSKI M30-34  
 DEBBIE EDDY F40-44  
 DONN SCHERER M55-59  
 PENELOPE WESLEY F40-44  
 JEANNE PILGER F65-69  
 MARGARET SILCO F30-34  
 ILL PHILLIPS M50-54  
 PHILIP GATES M40-44  
 ALLAN DREW M55-59  
 PETER LANSBURY M65-69

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## January/February Newbies

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

RAUNI ENGLISH F-39 PITTSFORD  
 JAKE HARDING M-48 LOCKE  
 PETER GLAUBER M-38 E AMHERST  
 ELAN SALZHAUER M-23 SYRACUSE  
 LEIGH O'BRIEN F-43 PITTSFORD  
 THERESE HAYES F-34 EAGLE BAY  
 MARGARET SILCO F-30 BLOOMFIELD  
 BRYAN MC KINLEY M-38 FARMINGTON  
 DAVID STARKS M-49 WILLIAMSVILLE  
 ROBERT PALANO M-43 CLARENCE CENTER  
 DAVID COONS M-61 PENFIELD  
 JENNY MACFIE F-48 ROCHESTER  
 MIHAEL VANBRUNT M-29 BIG FLATS  
 RICHARD VANBRUNT M-30 HORSEHEADS  
 EAMON FERGUSON M-60 BUFFALO  
 JOHN FERRO M-37 ENDWELL  
 JOYCE MCDONOUGH F-49 ROCHESTER  
 MICHAEL O'BRIEN M-27 ROCHESTER  
 LISA HUTCHINGS F-29 ROCHESTER  
 ANDREW MAYER M-34 ROCHESTER

JULIE NOSKOWIAK F-25 BALDWINVILLE  
KIRSTYN W C SMITH F-26 ROCHESTER  
STEVEN SMITH M-26 ROCHESTER  
JOHN SIMM M-42 ROCHESTER  
P STEVEN SANGREN M-51 ITHACA  
JIM CHIVERS M-59 BINGHAMTON  
CHERYL CALHOUN F-40 DAYTON  
ANTHONY IANNI M-25 CORFU  
AMY BETHKA F-24 KIRKVILLE  
LESLIE CARDWELL F-40 JAMESVILLE

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