



Niagara District Masters Swimming

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Water Power Gazette

March/April 1998

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Chairman's Update

State Championships

The STATE CHAMPIONSHIPS are coming up next month. Syracuse Masters will host them for the second year at their 8 lane Nottingham HS facility. This meet comes to the Niagara District every four years for a one year period. It needs your support.

Short Course Nationals

SC NATIONALS in Indianapolis is a priority event for our District with hotel rooms on hold & some excellent airline fares available. Coach Lorie is lining up relays. Entry deadline is 3/26/98. (See details inside.)

District Championships

DISTRICT CHAMPIONSHIPS came off very well with just under 100 swimmers participating at the Fairport HS pool. A goodly number of records were set but were not available for this issue. RAMS ran a well organized program.

Empire Games

EMPIRE GAMES will be in Rochester this year July 25 & 26th as a 25-meter venue. Qualifying times are needed for all competitors except the 70+ folks and can be counted from the '97 Games to June 30, 1998. (Entry info inside.)

Technical Rules Change

A technical RULES change effective March 6 that pertains to certain aspects of breaststroke, butterfly and freestyle are detailed in this issue in the Officials Corner.

Swimmer's Labels

REGISTRATION is experimenting in this issue with labels that can be used for your next meet. For those of you who have not sent in your money and event times for the STATES please use a label which will save both your time and that of the meet committee.

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Coaches Corner

Congratulations to Bob Johnston (80-84) of Binghampton for being recognized in the March/April '98 issue of SWIM Magazine. With 4 National records and 5 National titles Bob is not only one of Niagara's best but one of USMS best as well. We're proud of you Bob keep up the fast swimming.

National Relays

I have only heard from a few of you yet I know that we are going to have quite a few Niagara swimmers at Indianapolis. Please, if you are going to this meet let me know what relay you want to swim AND your times for your best strokes at various distances

Hotels for Nationals

I am holding a block of rooms for Nationals. I have a few rooms left at Embassy Suites @ 109 per night (2 double beds, and pull out). Includes breakfast. I still have five rooms at the Marriott Courtyard \$98.00 per night(king bed) on shuttle route.

Empire State Games

The registration process for this year games will be a bit different. All entries will be processed through ESG first then given to the Masters Meet Committee. Please be sure you have swam in a meet this year to meet your qualifying times.

1 hr swim

As your district relay coordinator it frustrates me to receive the results of the 1 hr. swim and note that 5 members of Niagara District did not submit their results through me. You as an individual not only missed out on being part of a National relay but your actions caused others to miss out as well. Niagara placed 3rd. for medium size teams. I think we have the potential to be first if we all work together. With access to email it only takes a few seconds to type down you distance and send it off to me. Lets work as a team go for first place in 1999!!

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Officials Corner

Technical Rule Changes to Conform to USS Rules

In accordance with USMS rule 601.4.5B, the rules of competition within USMS have changed due to actions taken by the USS Rules Committee on February 4, 1998 and the USMS Rules Committee on February 8, 1998. The actions by USS were in response to changes enacted by FINA at the World Championships in January. The changes are detailed below.

EFFECTIVE DATE: MARCH 6, 1998

Breaststroke - To permit the shoulder to drop on turns and during the swim
Butterfly - To permit the shoulder to drop on turns - To limit underwater portion to 15 meters
Freestyle - To limit underwater portion to 15 meters

The breaststroke rules no longer require the swimmer's shoulders to be in line with the surface of the water during the swim and turn. However, the restriction that the arms move within the same horizontal plane remains. Thus the rule change does not allow a substantial change to the stroke as it is currently defined; it just eases the requirements on the shoulder position.

The Butterfly and Freestyle rules now have a restriction of 15 meters underwater, similar to the backstroke restriction, for both the start and the turns. A swimmer may stay submerged for no more than 15 meters at which time the head must have broken the surface. The other change to the Butterfly rules is the permission to not have the shoulders in line with the surface of the water prior to the touch during the turn.

Considering these changes, only the 15 meter restriction on Butterfly and Freestyle is restrictive compared to the current rules.

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New District Records

Swimmer	Age	Event	Time	Previous record
Francesca Crannell	33F	200 IM	2:30.82	J. Moody, 2:30.98
Denise Everitt	45F	1000Free	12:24.45	S. Kingdon, 14:01.55
Denise Everitt	45F	100 Fly	1:09.37	J. McCarthy, 1:29.10
Denise Everitt	45F	100 IM	1:12.94	H. MacMurray, 1:13.60
Denise Everitt	45F	200 IM	2:37.40	K. Turner, 3:01.29
Karl Joyce	42M	200 Fly	2:25.07	K. Turner, 2:26.62
Tom Meade	50M	500 Free	5:59.41	R. Heller, 6:21.57
Tom Meade	50M	100 Back	1:08.36	G. McNamara, 1:11.79
Tom Meade	50M	200 Back	2:33.55	G. McNamara, 2:41.23
George McVey	70M	50 Breast	:40.14	F. Dittman, :41.77
George McVey	70M	100 Breast	1:29.72	W. Eibl, 1:38.85
George McVey	70M	100 IM	1:34.48	R. Johnston, 1:39.37
Robert Johnston	81M	200 Free	3:09.13	R. Johnston, 3:10.83
William Eibl	80M	200 Breast	4:16.20	W. Eibl, 4:19.93

CONGRATULATIONS TO ALL SWIMMERS

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Workout: Pool Math - Goaling by Numbers

Here's a simple way to set realistic performance goals for yourself, courtesy of Jim Hall, head coach of men's and women's swim teams at the University of Northern Iowa. You'll need to know your average time in an event and your best time to date. With these, you can establish your midpoint time and your ultimate goal time. Here's how:

1. Take the four best times in your event. Add them up and divide by four. This is your average (A).
2. Take your best time of the four. This is your best (B).
3. Subtract B from A. This is the difference (D).
4. Subtract D from B. This is your midpoint (M).
5. Subtract D from M. This is your upper time or the fastest you can expect to swim given your present training. Your goal time is the range between your best time and your upper time. Aim to land between these two numbers.

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Nickel City Splash

For those of you who have not yet heard - there's a new Masters team in Buffalotown!

The Nickel City Splash Masters Swim Team was formed in June of 1997. Practices are held four times a week at the University at Buffalo's Aquatic facility in Amherst. The team got off to a fast start and now numbers 70+ members - and growing!

Coached by the dynamic duo - Marrie Neumer - assistant Women's swim coach and Aquatics Director at UB and Dana White - UB Athletic Development Assistant and 1994 Co-Captain of the UB swim team, the team offers workouts and instruction tailored to four different ability levels. Average practice yardage is 4,500-Gold; 4,000-Blue; 3,000-White and 2,000-Red which always seems to provide the right mix of challenge and reward to keep the team moving and motivated.

Marrie and Dana have three student assistants to help out with the multiple workouts. With all that talent how can the team not be successful!

Newcomers and visitors are always welcome - come on over and join us! (Check out the "Coached Workouts" on page 2 for practice times & days.)

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HELP NEEDED AT THE STATE MEET

This meet in Syracuse at Nottingham High School next month is sponsored by the Niagara District with our Syracuse Masters team acting as host. The NYS SC Championship rotates every two years between the three Masters districts in the State. Metro (NYC & Long Island area) will be sponsoring the 1999 & 2000 competitions.

What we need from those of you & your family that will be at the meet is an openness and sensitivity to the needs of the meet manager. Specifically, volunteers will be needed for a number of different jobs like timing and help with awards.

Niagara wants to put on another swimmer friendly and efficient meet like last year.

Please backup and support Syracuse Masters at the competition.

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WHY SHAVE. . . .

Thanks to the Empire Newsletter

Is it the resistance of hair? Is it the feeling? is it psyche?

Well, yes all three. . . .

Many people assume it is only the resistance. Sure with hair there is drag; no hair, no drag. There is a factor of no hair, less resistance. It's a frictional thing. Test have proven it to swim suit manufacturers who have developed swimsuits that create less friction and less water retention.

Is it a sensitivity feeling? When a swimmer shaves down , they are not only shaving off the hair but also a layer of skin. This takes off more skin than you are use to in the normal daily shedding of tissue. In doing so you are opening up more skin level nerve sensors. Now that you are more sensitive to the water, you will have a better feel for the water, and therefore, a more efficient stroke.

The dry shave before a race takes off even more skin, but be aware that along with dry-shaving sometimes comes a "shaving burn" rash.

And last.....is it the psyche? Of course, but then again, everything you do during this level of competition has some psyche involved.

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Enhancement of Blood Lactate Clearance Following Maximal Swimming

**McMaster, W. C., Stoddard, T., & Duncan, W.
The American Journal of Sports Medicine, 17, 472-476**

The value of warm-down swims for assisting in the clearance of post-exercise blood lactate clearance was assessed. Six swimmers (F = 3, M = 3) swam for 15 min after a maximum swim under three different pace conditions: 55%, 65%, and 75% of maximum. These levels of swimming speed required exercise that was purely endurance in nature (below the anaerobic threshold).

It was found that such cool down swims return lactate levels to near resting values (< 2 mM/L) in a 15 min period. There was no difference between any of the conditions although all swimmers preferred the 65% velocity.

The mechanism for accelerated lactate clearance includes efflux of lactate from muscle to the blood, local blood flow, and uptake by the liver, skeletal muscle, and heart. The biochemical changes in lactate are debatable. Some theorize that it is converted to carbon dioxide and water while others contend that some is resynthesized to glycogen in the local tissues.

Implication

Performing a 15 min cool down swim clears lactate from the blood faster than passive resting. It is recommended that swimmers adopt this practice as an

habitual activity for both training and competitions. It is particularly important for multiple event meets. At training it can be used to accelerate recovery between demanding sets of interval and repetition training.

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RESULTS: 1997 Postal Pentathlon Kay Turner

Thirty one swimmers from the Niagara District were joined by Anne and Dan McNeil of Adirondack for the 1997 Postal Pentathlon this past December at a pentathlon meet hosted by Rochester Area Masters. 178 swimmers from 32 states participated in this postal with New York submitting the most entries (33) for the seventh year in a row.

Winning in their age group were Denise Everitt (with a new national pentathlon record), Tom Steele, Michael Taetzsch, Tom Meade, Jim Pitts and Bill Weber. There were eight new District records set with details appearing in the attached article. **CONGRATULATIONS** to all pentathletes!

Sprint Distance

Amy Tompkins	26F	3:19.79	3rd
Amy Sanderson	36F	3:53.55	4th
Anne McNeil (ADMS)	37F	4:39.01	7th
Ann Wallace	43F	4:03.70	4th
Holly MacMurray	47F	3:35.71	4th
Arlene Weyman	53F	5:35.54	4th
Amy Johnson	55F	4:24.53	2nd
Louise Murray	57F	4:38.12	4th
Mary Clare Hans	61F	5:28.83	5th
Betty Dunn	72F	5:51.57	3rd
Nancy Schoepperle	74F	5:54.79	4th
Irene D'Agostino	70F	6:07.36	6th
Thomas Potter	35M	2:54.42	1st
Jim Kisker	35M	3:14.02	7th
Tom Steele	41M	2:52.37	1st
Barry Symonds	40M	3:11.69	3rd
David Munson	45M	3:26.52	3rd
Tom Meade	50M	3:02.39	1st
Ed Harkey	50M	3:47.70	7th
Lynn Fuller	50M	3:55.93	8th
James Pitts	67M	3:53.43	1st

William Weber	68M	4:12.65	3rd
Dan McNeil (ADMS)	74M	7:12.00	3rd
John Cranch	75M	5:30.01	3rd
Al Palmer	75M	6:23.26	4th

Middle Distance

Cindy Stankiewicz	35F	10:40.17	3rd
Kay Turner	51F	9:36.19	3rd
John West	36M	7:16.95	2nd
Michael Taetzsch	42M	7:56.02	1st
David Wells	50M	8:02.93	2nd
William Weber	68M	9:47.70	1st

Ironman

Denise Everitt	45F	16:21.29	1st
Betty Dunn	72F	28:37.67	3rd

Eight new District Pentathlon records were set at the Pentathlon meet in December, 1997. A special congratulations to Denise Everitt who also set a new national record (*) in the Ironman distance for the 45-49F age group.

Swimmer	Age	Time	Previous Record
Holly MacMurray	47F	3:35.71	Jane Gram (1994) 3:39.84
Denise Everitt	45F	16:21.39*	Kay Turner (1991) 19:05.29
Kay Turner	51F	9:36.19	Louise Murray (1991) 9:39.99
Amy Johnson	55F	4:24.53	Mary Clare Hans (1992) 5:18.34
Tom Potter	35M	2:54.42	J. O'Brien (1996) 2:57.57
Tom Steele	41M	2:52.37	Tom Steele (1996) 2:55.37
Tom Meade	50M	3:02.39	Stan Hattman (1989) 3:50.79
John Cranch	75M	5:30.01	-----

CONGRATULATIONS to all new record holders!!

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1998 POSTAL ONE HOUR SWIM

1998 was the 20th anniversary of the One Hour Swim and had a total of 1758 swimmers, 824 women and 934 men. Niagara District had 26 swimmers participating in this formidable postal event and placed 3rd in the Medium Club category. Individual results are shown below:

Swimmer	Age	Distance/yds	Place
Amy Tompkins	26F	4320	22nd
Caitlyn Ramsey	34F	3815	47th
Lisa Hutchings	29F	3280	64th
Cheryl Mills	37F	3280	105th
Suzanne Myette	40F	3725	64th
Denise Everitt	45F	4575*	5th
Kay Turner	51F	3720	12th
Arlene Weyman	53F	3170	33rd
Sandra Kingdon	59F	3585	11th
Dolly Hinckley	67F	3170	5th
Sue Marvel	78F	2855	3rd
Regina Purvis	77F	1950	14th
Steven Smith	26M	4850	14th
Jim Matysek	38M	4985	20th
Tim Malach	39M	4665	34th
Peter Peguero	36M	4325	66th
Brian Lee	47M	4735*	14th
Paul Engineri	46M	4540	21st
Edward Harkey	50M	3495	74th
John Gorski	53M	2900	96th
Stanley Hattman	59M	3820	21st
Eamon Ferguson	60M	3665	11th
Peter Lansbury	64M	2850	34th
Thomas Weber	67M	2480	31st
George McVey	70M	3570*	6th
John Cranch	75M	3040*	4th

The women's relay of Marvel, Hinckley and Purvis (65+) placed 2nd; that of Kingdon, Turner and Everitt (45+) placed third. The men's 65+ relay of Cranch, Weber and McVey placed 5th; all other Niagara relays placed 9th through 15th.

Four Niagara District records were broken: Denise Everitt broke Kay Turner's record of 3970 yds, Brian Lee broke Ed Harkey's record of 3215 yds; George McVey broke Bill Eibl's 10 year old record of 3230 yds and John Cranch broke another of Bill's records of 2720 yds in the men's 75-79 age group. Stan Hattman tied his own record of 3820 yards in the 55-59 age group.

CONGRATULATIONS TO ALL SWIMMERS

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FOR YOU 50+ SWIMMERS

Did you hear that. . . .

National Senior Games will be at Walt Disney World, Orlando, FL. in October 1999. Held in odd-numbered years, last year's multi-sport competition was in Tucson, AZ, and drew nearly 1,000 swimmers.

USMS rules prevail, and athletes must qualify for the event through State Qualifying Games this year. New York State generally hosts the competition in June at Nottingham High School, Syracuse. Exempt from qualifying rules are Olympians, past Classic gold medal winners and those placing in the top three of the USMS National Championship and/or Top Tens.

Swimming competition will take place at the Central Florida YMCA 50-meter pool. This is the same facility that hosted the '97 YMCA Nationals and will be the site of this year's USMS Long Course Nationals. The majority of the other events will take place at the Wide World of Sports complex on the grounds of Disney World.

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Our new relationship to the Empire Games George McVey, Chairman

At the request of the Empire Games office, Lorie Gibson-Rick and I met with Chuck Halligan and Fred Smith in Rochester on December 10th. As you know, the '98 Games will be in our city for the second time. We were informed that Long Island will host the '99 Games and Binghamton the 2000 competition.

We also learned that Masters Swimming 250+ registrants last year was second only to Track & Field's 400 participants. I have heard that the swimming competition uses many more medals than T&F.

Fred Smith, the ESG Director, wanted to explore with us a better way for Masters Swimming to fit under the Games umbrella. He wanted to see if we could operate like the other Masters sports with a listing of competition info in their one Masters Division brochure. The other item that was important to him was their need to deal with one individual as a representative of Masters Swimming.

As with the other 10 Masters competitions, his office would mail out entry information, collect entries and money, line up pool facilities (with our input), handle registration, T-shirt/sweat distribution and include us in the Masters Division party.

Our responsibility would be to put entry data into our computer program, print out a psyche sheet, operate the competition and see that results get to their Press

facilities. In addition, NYSMSC would designate one person to act as contact person for ESG office and Joan Kay, the Masters Division coordinator.

As the person that has been directly involved in NYSMSC operation of the Games since we began our relationship, I can see this arrangement as a great time saver and alleviating many of the problems we experience each year. Particularly, we won't have the responsibility of running a big meet profitably, negotiating for facilities, deciding how many T-shirts to order & what color, where to have the reception & how much to charge, printing programs and the like.

There really was only one answer we could give or that they would want. Both Lorie (who has been a key person in the last 5 Games competition) and I agreed that this was a win-win proposal. Since 4 of the 6 competitions were held in our Niagara District we were very aware of the time and effort needed each year to line up & coordinate the competition. I feel that we can utilize our limited resources much better with this new relationship.

ESG office will mail out a Games brochure to all those who signed up for the '97 Games in Albany. When I get these names I will cross check them with our registrants for the '96 ESG to get the maximum distribution. Since meet entry will be done by computers, the meet sheet, as such, does not lend itself to printing in our newsletters as in the past. We will need, especially this year, to have articles in our newsletters detailing these new ground rules. Swimmers can write or call Albany after March 1st to get a brochure if they have not competed in the last two Empire Games.

Although NYSMSC was set up in 1992 to deal with the problems we were having with the ESG Masters Division, it has proven to be a logical clearing house for handling NYS Masters Swimming matters. We went from organizing ESG to deciding on who gets the NYS SC championship and now the Open Water State championship. Once a year at the Aquatics convention the three State Districts get together to compare notes and set schedules.

FYI . . .

NYSMSC stands for New York State Masters Swim Committee which was set up in 1991 to coordinate the efforts of the three NYS Masters Districts - Niagara, Metro and Adirondack. The committee is composed of the Chairperson of each district who appoint two other members of their district. The nine individuals are responsible for coordinating such Statewide activities as the Empire Games, SC State Championship and the Open Water State Championship. [[back to table of contents](#)]

Registrar's Report

1998 registrations to date stand at 405.
Females: 146 (36%)

Males: 259 (64%)

We still have 128 swimmers that have not registered for 1998.

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SHORT COURSE NATIONALS

Niagara has reserved a number of rooms at Embassy Suites in Indianapolis. If you want to get one of the rooms call or e-mail Coach Lorie ASAP. Plane reservations are filling up fast we have heard. One swimmer got a senior citizen fare of \$148 round trip on USAir out of Rochester.

Niagara wants to field as many relays as possible. The District will foot the bill for each relay. If you plan to go get in touch with Coach Lorie who will be coordinating the relays.

Paul Engineri is looking for a swimmer to share a ride out to SC Nationals leaving Wednesday & coming home after the 500 Sunday. 607/748-9003;
tanneng@spectra.net

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