

Water Power Gazette

<http://niagamasters.org>

<http://usms.org>

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Chairman's Update

By Dan Kornblatt



District Meeting Report

Hi everyone! After the well run and fun Syracuse meet we had a short Niagara District meeting. Our financial status is OK with income outpacing expenses by about \$800 if we keep our membership at current levels.

It is important for all of us to constantly be ambassadors for Masters swimming. Word of mouth is really our only effective selling tool. It is not an easy sale to convince prior competitive swimmers how different and enjoyable masters is compared to the grind of high school or college programs.

I particularly ask the under 30 swimmers to try to talk to as many people as you can in the 25-30 year ages to consider coming back to the sport. It's better to see if they would like to swim with your group for a few weeks for free than to make them commit right away. USMS insurance will cover someone for a month without joining, but your team may have other guidelines.

WPG Publication Change

We did take the action of reducing the WPG to four issues a year down from the current five to save money. Also expressed was the desire to move toward electronic newsletters in the future. I would like to hear from you on this during the coming year. Please feel free to chat at a meet, e-mail or snail-mail me any-time.

Convention Cutbacks

We voted to watch our convention expenses when location dictates high air-fares, even if we only send one representative. Again, all financial concerns revolve around our membership counts staying above 400. We do have a balance of \$5000 in our account. Keeping a minimum of \$3000 for contingencies, we do have some money to use. I would like to hear from the membership on this. I favor buying equipment such as underwater cameras which we could use throughout the district for the workout groups. What do you think?

SCY Season Close to End

We still have two more meets in our district for the SCY season; Canandaigua on Feb 11th and Buffalo on March 3rd. I encourage anyone who hasn't been to a meet recently to attend. If you're new, ask another swimmer. The local meets are usually 4 hour affairs run in a fun manner with the emphasis on participation. Our seeding by ability, not age or sex is unique in sports and makes all the heats competitive. Also, try a different stroke or an I.M. We are the only group that swims a 100 I. M. Most people enjoy this event since your worst stroke is over quickly! Doing something different also gives you new goals to practice for rather than the same events you regularly swim. See you on the blocks!

NOTICE! Sweatshirt Found

An XL Nazareth sweatshirt
was left at the RAMS
Pentathlon in November.

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Please contact Kay Turner at
716-582-1157 if this is yours.

MASTERS WORKOUTS IN NIAGARA DISTRICT

Rochester Area Masters Swimming (RAMS)

Lorie Gibson-Rick, Coach: 716-338-3209
Tues & Thurs 8-9:30pm; Sat 7:30-9am, Sun 8:30-10am

Syracuse Masters Swim Club (SMSC)

Louise Hardcastle, Pres 315-638-8245
hardcala@aol.com
Mon-Fri 5:30-7pm SU Women's Bldg Pool

Binghamton Univ Masters Swimming (BUMS)

Dan Kornblatt, 607-692-7428, dkornblatt@aol.com
Mon, Wed, Fri 6-7:15am; Sat 7:30-9am

Cornell Masters, Cornell Univ (CORN)

Deena Crossmore, 607-273-5411, DGC500@aol.com
Mon-Fri 12:15-1pm; Sat 3-5pm; Sun Noon-2pm

Canandaigua Masters (CDGA)

Laura Love, Coach (Tues & Thurs)
Lynn Fuller, Coach (Mon & Fri) 716-394-2949
Mon, Tues, Thur, Fri 8:30-10pm

Nickel City Splash, Univ of Buffalo (NICK)

Dana White 716-875-6792, bflonative@adelphia.net
Tues & Thur 5:45-7am; Sat 7:30-9am

Buffalo Area

Northeast YMCA, 4433 Main St, Snyder 14226
Rick Marable (716)836-0041
M, W & F 6-7:15 AM

Amherst Masters Swim Team

Heim Middle School, Williamsville 14221
Cheryl Banks-Marron (716)634-8313
M, W & F 6-7 am

Johnson City YMCA Masters

Peter Peguero, 607-754-0086, Pepeguero@aol.com
Mon & Wed 8:30-10pm, Sun 10:30-12Noon

Hamburg (HOPS)

Wendy Ryan 716-648-6849, WRHOPS@aol.com
Hamburg Middle School - Mon & Wed 6:30-8pm
Hamburg Senior High - Sun 12-1:30pm

Ken-Ton YMCA (KENT)

Mike Burkholder (716) 874-5051
Mon & Wed 8-9:30pm; Fri 5-6:30pm
Northeast YMCA, (716) 839-2543, M,W,F 6-7:30AM

Univ of Rochester Masters

Mark Anderson, Coach, 716-872-7287
Lakeman302@aol.com
Tues & Thur 7-8pm, Sun 9-11am

Greater Syracuse YMCA

Brian Howard, 315-474-6851 X321

Downtown

Mon, Wed, Fri 6:00 - 7:00am
Mon - Fri 12:00-1:00pm

North

Sun 9:00 - 10:00am,
Mon, Wed, Fri 8:15 - 9:15pm
Tues, Thurs 2:30 - 3:30pm

Rockets Aquatics Masters (RACE)

Julie Noskowiak 315-635-8508, julien72@mailexcite.com
Hunt Elem School, Syracuse 6:00-7:30 pm M-W-F
Lemoyne College, Syracuse 8:00-9:30 pm Tu

Ithaca YMCA Masters (ITHY)

Kevin Vallely, Coach, 607-844-3040
Shelly Matheny, Coach, 607-844-4181
Mon only 7-8:45 pm (YMCA phone 607-257-1010)

Auburn YMCA

Jennifer Walter, Coach 315-253-5304
Mon & Wed 6:30 - 7:30AM

**Contact the
Editor with any
corrections or
additions.**

**Call ahead before
going to any of
these practices
since workout
times may have
changed.**

Swimmer Profile - **Pete Peguero**

Age: 39

Family: Wife Kathy, Daughter, Molly (9yrs) and son Peter Jr. (3 yrs)

Occupation: Nuclear Medicine Technologist

What is your swimming background?

I began swimming at the age of 8 for Vestal Swim Club. As a youth swimmer, I primarily swam backstroke and short distance freestyle. As an 8th grader, I suffered a back injury in phys ed class. My Orthopedic Dr told me to swim and to refrain from contact sports because of my injury, so I became a year round swimmer. As a 10th grader, my coach decided I needed to find out what I could do in the 100 Fly. I surprised both him and myself by swimming a 1:05 after a full workout. That season I lowered my time to a 59, and I got down to a 55.9 as a

senior. As a college swimmer, I only swam as a freshman because my coach tried to turn me into a 200 Fly and a 400 I.M. swimmer.

When did you start swimming Masters?

I have been swimming Masters for 4 years with the Johnson City YMCA.

What is your current training routine?

I try to swim 3-4

days per week when I can. I swim with a small team, non-coached workouts. We swim on Sundays, Mondays, and Wednesdays, with our usual weekly yardage approximately 12,000 - 14,000 yards. I usually try to swim 4000 - 5000 yards per workout, which includes a 1000 - 1500 yard warm up.

What is your favorite workout set?

I am a distance freestyler. My favorite workout set is 11 X 150 @ 2:10, which is basically a broken 1650 and a fast way to get in some yards.

Do you cross train?

I like to bike in the summer and run after my 3 year old when not swimming or working.

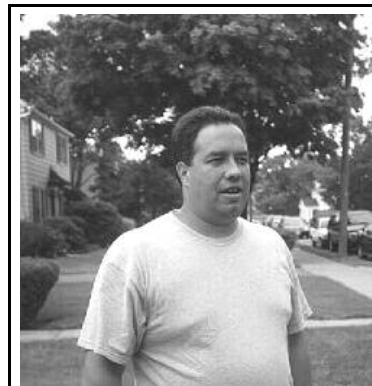
You attend lots of meets. Why do you like to compete?

I love to compete. I have always been a very competitive person and do my best times when someone is breathing down my neck in the pool.

What are your goals in Masters swimming?

I would like to finish the 200 Fly, then achieve a faster time. In 1999, I stopped at the 150 mark of the 200 Fly during a meet. I stopped because it hurt too much and I didn't have anything to prove. But I would like to improve my time in this race. My best high school/college time in this race was a 2:08, and so far my best Masters time is

(see "Profile" on page 3)



NIAG Swimmer Pete Peguero

NEWBIES Nov/Dec

Name	Sex/Age	City
Jean Adair	F/45	E Rochester
Jill Atkinson	F/27	Rochester
John Baker	M/50	Eggertsville
Anne Barber	F/31	Cicero
Catherine Beardsley	F/53	Clay
Ellen Brenner	F/30	Rochester
Brian Brooks	M/29	Fairport
Edward Broton	M/47	Liverpool
Markus Brunner	M/23	Fayetteville
Karen Bulmahn	F/36	Clarence Center
Jeffrey Burchill	M/37	Syracuse
Marietta Burke	F/37	Liverpool
Bill Collins	M/42	Pittsford
Gregory Copeland	M/39	Ithaca
Bill Couch	M/37	Watertown
Gerry Cox	M/53	Rochester
Lauren French	F/29	Ithaca
Jessica Frezza	F/19	N Syracuse
Frances Friedel	F/48	Cleveland
Thomas Gallagher	M/38	Spring Water
Eileen Goettel	F/38	Liverpool
Beth Harrison	F/36	Rochester
Peter Harrison	M/29	Rochester
Brian Howard	M/28	Fulton
Namiko Kimura	F/25	Syracuse
Donald Knoop	M/43	Cicero
Cindy Lapoff	F/34	Honeoye Falls
Tara Lindstrom	F/28	Baldwinsville
Mark Masler	M/40	Cortland
Kathleen McCollum-Miller	F/34	Rochester
Sarah Northrop	F/22	Rochester
John O'Brien	M/41	Mexico
Richard O'Neil	M/53	Fayetteville
Thomas Orshal	M/49	Liverpool
Gae Orsini	F/34	Mendon
Daniel Playfair	M/31	Rochester
Elizabeth Pollock	F/29	Rochester
Frederick Russell	M/46	Binghamton
John Salvador	M/30	Rochester
William Scheider	M/50	Clarence Ctr

AGEUPS Jan-Mar

Name	Sex/Age	B'date
Paul Engineri	M/50	01/06/51
Jean Adair	F/45	01/10/56
Tricia Engineri	F/50	01/20/51
John Ferro	M/40	01/25/61
Margaret Diamond	F/50	01/29/51
Charles Schaffstall	M/75	02/15/26
Amy Riedel	F/30	02/22/71
Bill Niblock	M/45	02/23/56
Timothy Herman	M/45	03/10/56
Lawrence Carlson	M/60	03/13/41
Dianne Edgar	F/45	03/29/56
Michael Gaudy	M/80	03/30/21
Glenn Evans	M/55	03/30/46

("Profile" from page 2)

a 2:22.1. This would be my best chance of matching my best time.

What do you feel are the major benefits of Masters Swimming?

Physical and mental health. Nothing can turn a bad day at work around like a great swimming set and a few beers and wings afterwards.

Swimming's Loss

NIAGARA LOSES TWO OLD TIMERS

In December Masters swimming lost two Rochesterians, 79 year old Don Agate and 98 year old Joe Reiners, Sr. Reiners, 9 days shy of 99 years briefly held LC world records in 1993 in the 50 Free at 59.58 and the 50 Breast, 1:28.47 set at the ECC Buffalo pool in the 90-94 age group.

Don Agate of the RAMS still holds ESG LC records in the 50 and 100 Free in both the 65-69 and 70-74 age groups set in '89 and '91 respectively. He also holds the SCY Zone record in 70-74 age group set in 1992 for the 50 Free with a time of 29.47.

Another milestone in Niagara District 's brief history. They are an inspiration and have left a challenge and reminder that we all can swim to enjoy a long life.

Officials' Corner - George McVey

The following are a sample of questions that meet Officials have to answer when they take the recertification test every two years.

- 1.) In the butterfly if the breaststroke kick is used, it must alternate with the arm stroke and additional dolphin kicks between breaststroke kicks is not permitted. True or False?
- 2.) If a swimmer swims into another lane and then back into his/her own lane, the swimmer must be disqualified. True or False?
- 3.) If a counter insists on counting in a descending order, the swimmer in that lane is disqualified. True or False?
- 4.) For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition. True or False

Answers:
 1.) False. Clarification effective 1/1/01
 2.) True
 3.) False Swimmer is ultimately responsible
 4.) True

For years there has been an unwritten agreement between United States Masters Swimming, Inc. (USMS) and United States Swimming, Inc. (USA-S) allowing members of both organizations to practice together with the following proviso:

If members of USA Swimming are involved in the practice, a USA Swimming Certified, Coach member must be supervising the practice.

The USA Swimming Insurance Program requires that, in order for a practice to be insured, a USA Swimming Certified Coach must be directly supervising the practice. This is for safety reasons.

The argument which has been made for not needing USA Swimming Certified coaches supervising a practice which includes USA Swimming members is that the USMS "coaches" are qualified to coach the USA Swimming members. While this may be true in theory, the following items are unresolved issues regarding this premise:

1. There is no such thing, legally, as a USMS "coach". There is no such membership category.
2. While some of the USMS coaches may have certifications required by USA Swimming, many do not.
3. USA Swimming requires a USA Swimming Certified Coach supervise a practice involving any USA Swimming Members for safety reasons.
4. Most USA Swimming athlete members are minors (under the age of majority). There is a greater duty of care required for minors.

If a USMS "coach" does not want to have a USA Swimming Certified Coach on deck during a practice, we would strongly suggest they join USA Swimming as a Coach member.

The following is a summary of when USMS coverage would be in place for USMS/USA Swimming practices:

	USMS Member Coach	USA Swimming Coach	No Coach or Non-USMS Member coach
USMS Members workout	<ul style="list-style-type: none"> • USMS Swimmer Covered • USMS Coach Covered 	<ul style="list-style-type: none"> • USMS Swimmer Covered • USA Coach Covered 	No Coverage
USA Swimming Member in USMS workout	<ul style="list-style-type: none"> • USA Swimmer NOT Covered • No protection for USMS Coach if USA Swimmer is injured • USMS Swimmers Covered 	<ul style="list-style-type: none"> • USA Swimmer Covered • USA Coach Covered • USMS Swimmers Covered 	No Coverage
USMS Member in USA Swimming workout	Not applicable, USMS Coach can't preside over USA Swimming workout.	<ul style="list-style-type: none"> • USMS Swimmer Covered • USA Coach Covered 	Can't exist -- by definition of USA workout.
USMS Members and Non-USMS Members workout (i.e. un-registered swimmers and/or swimmers not in 30-day trial period)	No Coverage	No Coverage	No Coverage

If you have any questions or comments regarding the above, please contact Sandi Blumit at Risk Management Services, Inc., 1-800-777-4930 x245

Postal Swim News

Final Results: 2000 Postal 3000/6000**Kay Turner, NiagPostal@usms.org**

The 3000/6000 Postal swim, sponsored by Rogue Valley Masters, had a record 302 participants from 42 teams. In the team scoring, Niagara placed 5th in the 3000 and 6th in the 6000. The fastest 3000 swims were Lauren Welting (34F, 33:42.51) and Jim McConica (49M, 31:10.18).

Results are listed below for the fourteen swimmers from Niagara who swam the 3000 and the two who swam the 6000. New 3000 District Records were set by Dana Woody, Dolly Hinckley, Ken Koppenhaver, Brian Lee and Robert Johnston. Congratulations to all swimmers.

6000 Results

Andrew Kaltenbach	29M	1:24:25.78	1 st
Bruce Gianniny	49M	1:29:14.99	2 nd

3000 Results

*Dana Woody	30F	36:00.33	3 rd
Dianne Edgar	44F	47:36.99	10 th
Kay Turner	53F	50:41.01	8 th
*Dolly Hinckley	70F	59:11.27	2 nd
*Ken Koppenhaver	32M	37:11.50	7 th
Suresh Sunderrajan	30M	52:05.27	20 th
Stewart Weaver	43M	35:55.80	2 nd
Stephen Paushter	49M	41:25.91	8 th
Thomas Bidwell	47M	1:00:51.97	28 th
*Brian Lee	50M	38:20.92	3 rd
Robert Siudzinski	62M	1:03:32.61	4 th
Peter Lansbury	67M	1:04:52.44	10 th
Thomas Weber	70M	1:11:00.60	8 th
*Robert Johnston	83M	1:04:43.62	1 st

New District Record*2000 USMS Top Ten from Niagara District - LCM**

Swimmer	Age	Age Grp	Event	Time	Place
Julie Noskowiak	28	W25-29	800 Free	11:03.57	8
Dana Woody	31	W30-34	400 Free	5:08.00	10
Dana Woody	31		800 Free	10:28.11	6
Dana Woody	31		200 Back	2:52.43	7
Marie Mulcahy	65	W65-69	800 Free	15:46.30	10
Nancy Schoepperle	75	W75-79	100 Back	2:07.30	6
Betty Dunn	75		50 Fly	1:02.72	4
Betty Dunn	75		100 Fly	2:31.31	3
Betty Dunn	75		200 Fly	6:13.98	6
Betty Dunn	75		200 IM	5:20.92	9
Betty Dunn	75		400 IM	11:35.69	5
Koichiro Izumi	24	M19-24	50 Fly	:27.39	4
Jim Matysek	41	M40-44	100 Breast	1:15.53	10
Jim Matysek	41		200 Breast	2:45.16	5
Jeffrey Humphreys	45	M45-49	200 Back	2:38.09	10
John E Cranch	78	M75-79	1500 Free	35:57.78	10
John E Cranch	78		200 Back	4:17.20	9

New District Records *Bill Walter*

RAMS Pentathlon Meet (Short Course Yards)

Canandaigua High School 11/05/00

Swimmer	Age	Event	Time	Previous Record	Time	Age	Date	Location
Arlene Weyman	56	400 Yd IM	8:33.87					
Maureen O'Donnell	68	200 Yd Free	2:57.32	Susanna Marvel	3:13.70	67	03/01	MCC

RAMS' New Years Workout

Each year the RAMS holds a special workout to bring in the New Year. This year's workout was 10,100 yards and was completed by eight members of the RAMS. Bruce Gianniny, Ken Koppenhaver, Brian Lee, Tim Malach, Bill Murray, Dan Playfair, Stewart Weaver, and Dana Woody completed the following sets in 2 hours and 34 minutes.

1000 warm up @ 15 minutes

10 X 50 @ :50

10 X 50 @ :45

5 X 300 @ 4:10

Ladder -1 X 50 @ :45

1 X 100 @ 1:30

1 X 150 @ 2:15

1 X 200 @ 3:00 Repeat the 200 and work backwards to the 1 X 50.

3 X 200 I.M. @ 3:15

5 X 100 Free @ 1:30

5 X 100 Stroke @ 1:40

5 X 100 Free @ 1:20

5 X 200 Kick w/fins @ 3:00

Ladder - repeat the ladder set from above.

8 X 125 100 Free/25 Stroke -

I.M order @ 1:45

6 X 50 @ :50

200 Cool Down



*A moment of poignancy on the medal stand at UB.
Guess who came in third.*



*Fun and games at UB 2000
Happy survivors in the new "Crocodile Challenge" round*

Important Notice!

Masters Swimming at this year's Empire Games has been CANCELLED because of inadequate pool facilities and scarcity of housing. We will be back next year for the 2002 Games in Syracuse.