

# Water Power Gazette

<http://www.niagaramasters.org>

<http://www.usms.org>

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## Chairman's Update

By Dan Kornblatt



## Welcome Back for 2005

If you have received this by mail thanks for reregistering with USMS and Niagara District. We are happy to be able to keep our dues at the same \$30 for 2005 and will attempt to keep our expenses low.

## Meets, Meets, Meets

We have four short course yards meets coming up this season. The entry forms for Syracuse, Canandaigua, and Buffalo are in this newsletter. The NY State SCY Championships in Binghamton will be sent out later, closer to the meet date of April 9-10. Please try to attend as many meets as you can. Its fun to swim different events and meets are usually the only fundraiser the clubs hold each year. Here in Binghamton we split the meet profits between the BU Varsity team and our local Master's team, the BUMS. The varsity helps run the meet and use our contribution to help out on non-university funded expenses. This year we are using our meet revenues to help defray expenses of our coach to travel to SCY Nationals to coach and swim.

## Annual Meeting

After the Syracuse meet we will have our annual, short district meeting. Please feel free to stop by the lobby and ask any questions you might have

or give any suggestions. The meeting usually takes less than a half hour. We are all very hungry.

## Sorry - No Centerfolds

One last word on our USMS Magazine situation. The Jan issue of Swim will be the last one published under USMS contract. The March issue of "USMS Swimmer" will arrive seamlessly. Swimmer will be an expanded magazine with greater in depth coverage of our sport. USMS will receive much more revenue than we did with Swim and all pictures and stories will belong to USMS, not Sports Publication. Swim is consolidating their three magazines into one monthly publication which they have offered to Masters at a special price. I encourage anyone to take the offer as they are great to read. However, USMS Swimmer will be the magazine which comes with your \$30 annual dues. There is more info on this on the USMS website including a letter from USMS President Jim Miller.

## Pencil in Florida for May

Lastly, I strongly encourage anyone to plan on attending SCY Nationals at the Hall of Fame Pool in Ft Lauderdale May 19-22. This is one of the premier venues in our sport. The host will be running three eight lane courses widthwise in two 50 meter pools. They can handle a crowd and the Hall of Fame is a great place to see. Airfares and hotels are off season and the Florida humidity and hurricanes are still months off. It's a great venue to go for some PR's.

Dan

### MASTERS WORKOUTS IN NIAGARA DISTRICT

#### **Rochester Area Masters Swimming (RAMS)**

Lorie Rick, Coach 585-442-1770 X3075,  
lrick@harleyschool.org  
Wed & Fri 5:45 - 7:00am, Tues & Thurs 8:00 -  
9:30pm at The Harley School  
Sat 6:00 - 7:30am, Sun 7:30 - 9:00am at RIT

#### **Syracuse Chargers Masters Swim Club (SMSC)**

Tim Conan, pres - TJC@CCF-law.com ph. 315-  
422-1152  
Mon-Fri 5:30-7pm SU Women's Bldg Pool

#### **Binghamton Univ Masters Swimming (BUMS)**

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

#### **Cornell Masters, Cornell Univ (CORN)**

DeenaCrossmore, 607-273-5411,  
DGC500@aol.com  
Mon-Fri 12:15-1:30pm; Sat 3-5pm; Sun Noon-2pm

#### **Canandaigua Masters (CDGA)**

Laura Love, Coach 585-398-2232  
Lynn Fuller, Coach 585-394-2949,  
lffeee@ritvax.isc.rit.edu  
Mon, Tues, Thur, Fri 8:30-10pm

#### **Nickel City Splash, Univ of Buffalo (NICK)**

Andrea Gomez, (716) 832-6075,  
ondrayag@aol.com  
Tues & Thur 5:30-7:00am, Sat 7:00-8:30am  
www.wings.buffalo.edu/org/nickelcity

#### **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, 607-770-9868, 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)**

Jeff Klin (716) 874-5051  
Mon & Wed 8-9:30pm; Fri 5-6:30pm

#### **Univ of Rochester Masters**

Eric Stefanski, 585-275-9469  
Tues & Thur 7-8:30 pm, Sun 9-11am

#### **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

#### **Mcmasters, Cortland YMCA (CORT)**

Dan Mcneil, 607-756-7030, dfmcneil@twcny.rr.com  
Wed only, 5:00-6:30 pm

#### **Skaneateles Masters Swim Club (SKAN)**

Contact: Carol Stokes-Cawley, Stocaw@aol.com,  
Sharon Slater, 315-685-3353.  
Mon, Wed, Fri 5:30am-7am

#### **Maverick Masters Swim Club (MMSC)**

Daniel Dubois, ddubois@monroecc.edu, 585-292-2846  
MCC Pool, Rochester, Tue/Thur 6-7:30 AM,  
Sunday- 8-10 AM

#### **Letchworth Masters Swimming (LETC)**

Letchworth Central School M,W,F 7:15-8:15pm  
Ann Marie Crye, amgorski@letchworth.k12.ny.us

#### **Nazareth Masters Swimming (NAZR)**

Martie Staser, Head Swimming & Diving Coach  
Nazareth College, 4245 East Avenue, Rochester, NY  
phone: 585-389-2198, Fax: 585-389-2839  
Tu, Th 6:30—8:00 pm (Starting Jan 11)

Contact the Editor with any  
corrections or additions.

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

**Syracuse Chargers Masters Swim Club SCY Meet**  
**Men's Pool, Archbold Gymnasium, Syracuse University**  
**Sunday, January 23, 2005**

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Print carefully:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phones: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_ (As of 1/23/05)

USMS/CASA#: \_\_\_\_\_ (include copy)

Meet Charges:

Registration Surcharge: \_\_\_\_\_ = \$7

Individual Events: \_\_\_\_\_ X \$3 = \_\_\_\_\_

Results: \_\_\_\_\_ X \$4 = \_\_\_\_\_

**Total Fee Enclosed:**

Event #	Event	Seed Time	Event #	Event	Seed Time
1	200 yd Freestyle		9	100 yd Breaststroke	
2	50 yd Butterfly		10	200 yd Butterfly	
3	100 yd Backstroke			10 minute break	
4	50 yd Breaststroke		11	1 100 yd Freestyle	
5	200 yd IM		12	200 yd Breaststroke	
	10 minute break		13	100 yd IM	
6	50 yd Freestyle		14	50 yd Backstroke	
7	100 yd Butterfly		15	500 yd Freestyle	
8	200 yd Backstroke				

**Special Notes:** Warm-up begins at 8:30 am, meet starts at 9:30 am There will be two 10 minute warm-up breaks. No relays at this meet due to strict time limits imposed by facility. The 500 Free requires check in by Event 9 and will be deck seeded. Meet must end by 1:30 pm. Meet Director reserves rights to adjust events due to time limitation.

**Instructions:** Circle desired event numbers and write time in blank column. Entries must be received by January 10, 2005. Enclose completed form, a copy of your USMS/CASA card and a check payable to *Syracuse Chargers Masters Swim Club*. Mail entry to: Syracuse Chargers Masters Swim Club, c/o John Pilger, 2125 Masters Rd, Marcellus NY 13108.

**Directions:** Approaching from the north or south on I-81, get off at exit 18 (Adams & Harrison Sts) and turn east (uphill) on E Adams St. Take the first right turn (at the crest of the hill) onto Irving Ave. Go straight ahead several blocks, past hospitals and Carrier Dome to its end. Straight on is the entrance to SUNY Environmental campus. Follow Forestry Dr around to the left, beside the south side of the dome, continuing to the SUNY parking lots by the gym. From the east on I-690 exit at Townsend, turn left (south) to E Adams, proceed as above. From the west on I-690 exit south onto I-81, proceed as above.

**WARNING: For Parking Restrictions check website prior to meet day at [www.syrmasters.org](http://www.syrmasters.org)**

**Questions:** Call Tim Conan at 315-422-1152 or email [tjc@ccf-law.com](mailto:tjc@ccf-law.com) (or John Pilger at [syrjohn@five95.net](mailto:syrjohn@five95.net) or 315-673-2268 for late corrections).

*Waiver: Must be read, signed and returned.*

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Sanctioned by Niagara District Masters Swimming for USMS, Inc: 93 Brinton St, Buffalo NY 14214

Sanction ND05-01



# CANANDAIGUA MASTERS SWIM MEET

**FEBRUARY 20, 2005, SUNDAY, WARM-UP 10:00 AM MEET START 11:00 AM**

SPONSORED BY THE CANANDAIGUA MASTERS SWIM CLUB  
AND THE CANANDAIGUA ACADEMY SWIM TEAM BOOSTERS CLUB

Name \_\_\_\_\_ CASA/USMS # \_\_\_\_\_  
 Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Club (where you practice) \_\_\_\_\_  
 Telephone No \_\_\_\_\_ Club (from your USMS card) \_\_\_\_\_  
 Address \_\_\_\_\_

Event No.	Event Name	Seed Time	Event No.	Event Name	Seed Time
1	200 yd Medley Relay	_____	10	200 yd Free Relay	_____
2	200 yd Free	_____	11	100 yd Fly	_____
3	100 ys IM	_____	12	50 yd Backstroke	_____
4	100 yd Backstroke	_____	13	100 yd Freestyle	_____
5	50 yd Freestyle	_____	14	200 yd IM	_____
6	200 yd Fly	_____	15	50 yd Breaststroke	_____
7	100 yd Breaststroke	_____	16	200 yd Backstroke	_____
8	400 yd IM	_____	17	50 yd Fly	_____
9	500 yd Freestyle	_____	18	200 yd Breaststroke	_____
	Ten Minute Break		19	1000 yd Freestyle	_____

Events will be mixed (men and women) and timed finals seeded slowest to fastest by time. Event 19 will be seeded fastest to slowest.

Open to all USMS and CASA registered swimmers 19 and older as of February 20, 2005.  
USMS registration will be available at the meet.

No. Of Relays	_____ x (free)	=	_____	19+, 25+, 35+, 45+, 65+, 75+ (determined by youngest swimmer)
No. Of Events (5 or less)	_____ x \$3.00	=	_____	NO DECK ENTRIES, only relays may be deck entered
Registration Fee		=	_____	
Mailing of Final Results	_____ x \$3.00	=	\$5.00	<b>ENTRIES MUST BE RECEIVED</b>
	<b>TOTAL</b>		_____	<b>BY FEBRUARY 14, 2005</b>

**INCLUDE PHOTOCOPY OF USMS REGISTRATION, CHECK OR MONEY ORDER - MADE OUT TO CANANDAIGUA ACADEMY SWIM TEAM BOOSTERS CLUB, AND SIGNED WAIVER**

<p><b>SEND ENTRIES TO:</b>                  Lynn Fuller, Meet Director                  3971 West Lake Road                  Canandaigua, NY 14424                   (585) 394-2949 Tel&amp;Fax                  email:lffeee@rit.edu</p>	<p><b>FACILITY:</b> Canandaigua High School pool is an 8 lane 25 yard, electronically timed pool, non-turbulent lane lines, and separate diving pool for continuous warm-up/down, 7.4 miles south of NYS Thruway Exit 44 on Rt 332 (Main St. in Canandaigua), East on Chapel St. 1 mile, left to school  <b>AWARDS:</b> for 1st, 2nd, and 3rd place finishers  <b>WARM-UP:</b> 10:00-10:30 Lanes 1-8 circle swimming, NO DIVING, 10:30-11:00 Lanes 1 &amp; 8 for diving and sprints</p>
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**Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND05-02**

**WAIVER:**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PRORGAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_



# Niagara District Short Course Yards Meet

## Hosted by Nickel City Splash Masters, Buffalo, NY

### Sunday, March 6, 2005

### University at Buffalo Alumni Arena

- Location:** •University at Buffalo Alumni Arena, Amherst, NY. From the NYS Thruway, take Exit 50 to 1-290 West to Exit 5B Millersport Hwy (Rt. 263 North). Take Millersport to the Coventry Entrance. Alumni Arena is located ahead of the 1<sup>st</sup> stop sign. Parking is available on the left, or in the back of the Arena.
- Time:** •Warm-up is as follows (PLEASE READ CAREFULLY): 8:00am Warm Up/9:00am Start for Events #1-2. Continuous warm up will be available throughout the meet with events #3-#19 starting **no earlier than 10:00am**. Check in for **all** swimmers is required and will be located on the pool deck. Please have your USMS/CMS card with you for verification. **Positive Check-in for the 1000 Free and 400 IM is REQUIRED by 8:30am. Positive Check-in for the 500 Free is required by 11:00pm.**
- Eligibility:** •Open to all USMS and Canadian Registered swimmers 19 years or older as of <sup>3/16/05</sup>3/30/05. •A photocopy of your current USMS or CMS card must be included with your entry.
- Entries:** •Must be RECEIVED by Monday, February 28, 2005. **NO EXCEPTIONS!! No deck entries!!** (except relays).  
 •Cost: \$23/swimmer US Funds or \$25/swimmer Canadian Funds (Includes 5 individual events maximum plus relays).  
 •Checks payable to: **Andrea Gomez. Mail entries to: Andrea Gomez 68 Jasper Dr. Amherst, NY 14226**  
 •Questions? Call Andrea Gomez at # (716) 832-6075 or e-mail to Ondrayag@adelphia.net

EVENTS (indicate yards times)	
#1 _____:_____ 1000 FREE*	Name: _____
#2 _____:_____ 400 IM	Address: _____
BREAK	City: _____ State _____
#3 _____:_____ 50 BREAST	Zip/PC: _____ E-mail: _____
#4 _____:_____ 200 BACK	Age (as of 3/6/05): _____ D.O.B. _____
#5 _____:_____ 50 FREE	USMS/CMS# (or other): _____ Gender: _____
#6 _____:_____ 100 BREAST	Local Club: _____
#7 _____:_____ 100 FLY	<b>**AWARDS GIVEN TO THE TOP 3 FINISHERS            IN EACH AGE-GROUP.            Relay awards given to the top three finishers overall</b>
#8 _____:_____ 200 FREE	<b>Please check out the Nickel City Splash            Website for detailed directions to our            pool. Results will be posted following            the meet!!</b>
#9 _____:_____ 100 I.M.	<b>wings.buffalo.edu/org/nickelcity</b>
#10 _____:_____ 200 Med. Relay** (Ex.)	
#11 _____:_____ 50 BACK	
#12 _____:_____ 100 FREE	
#13 _____:_____ 200 FLY	
#14 _____:_____ 200 BREAST	
#15 _____:_____ 50 FLY	
#16 _____:_____ 100 BACK	
#17 _____:_____ 200 IM	
#18 _____:_____ 200 Free Relay** (Ex.)	
#19 _____:_____ 500 FREE*	
*Deck seeded, Fastest to Slowest	
**All Relays will be swum Exhibition (Ex.)	

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sanctioned by Niagara District Masters for USMS, Inc. Sanction #ND05-04  
 Niagara District Masters Swimming, 93 Brinton St., Buffalo, N.Y. 14214.

