

Niagara District Masters Swimming

Water Power Gazette

Fall - 2007

Message from the Chair

Hard to believe, but Fall is in the air. Our favorite outdoor swimming haunts are closed for another season (or just too darn cold to swim in...) and tans are fading fast. I hope you all had a great summer season, no matter if you were taking time off or deep into competitive mode. I know some of you took your first open water competitive dip, while others forged into triathlons to see what that is all about. Congratulations to all and welcome back to another season of Masters Swimming.

For those of you new to Masters Swimming or new to the Niagara District, **welcome!** Masters Swimming has something to offer everyone, at every level. There are a number of great teams throughout our district and I hope you've been able to associate yourself with one of those groups. For those of you working out on your own, I encourage you to try and connect with those on nearby teams when you can, and utilize the forums and tools at the USMS web-site (www.usms.org) as well.

Ken Kopenhaver
Niagara District LMSC Chair

Upcoming meets

Fall brings us to a new short course season. To kick us off this year, we have two district meets coming up. The first meet of the season is being hosted by the Rochester Area Masters on November 4th. There will also be a meet on December 9th at Ithaca College. Both meet sheets are attached and can also be found at www.niagaramasters.org. Additional meets are being hosted by Adirondack Masters at Hartwick College and RPI this fall. Those meet sheets can be found at www.adms.org.

Finally, the short course meters Colonies Zone meet will be held at Rutgers University on December 7-9. If you've never been to a Zone meet before, I highly encourage you to attend. They are typically well attended, competitive meets. The meet sheet can be found at www.usms.org.

Want to host a meet?

Is your team interested in hosting a meet or planning to host a meet in the coming months? Please contact Amy Johnson at niagssecretary@usms.org as soon as possible.

USMS Convention

Well, I finally made it. After two years of trying to get there, I was able to stay healthy and attend the USMS Convention back at the end of September in Anaheim, CA. It was a bit of an overwhelming experience, I must admit. For those of you who have never been to this event, or heard anyone talk about it, it is non-stop masters swimming for four solid days. We had (optional) practices each morning at 5:30 a.m. and meetings typically lasted until 8 or 9 p.m. at night. Since it was my first time at convention, I wanted to soak in as much as possible. It is impossible to get to every committee meeting, so I tried to hit some key committee meetings (legislation, open water, coaches, fitness, zone, sports medicine and safety) in addition to the daily House of Delegates meeting where we would get updates on all of the meetings going on and have to review material and vote on various items such as Board of Director elections and legislation.

Obviously, a lot is discussed and decided at convention. Far too much for me to cover here. I will hit on some of the highlights in other areas in this newsletter, but I encourage you to check out all of the meeting minutes at the www.usms.org web site.

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2009 Open Water Championships

As many of you are already aware, the annual Canandaigua Lake swim is a very well run event and attendance has been growing from year to year. Chip timing was added last year and in addition to the event held for Masters swimmers, a USA Swimming event is held at the same time. Vern Hecker, Lynn Fuller, and the rest of their team put a lot of effort into this event and we all thought it might be a great place to hold a USMS Championship event. Niagara has attempted to get awarded an Open Water Championship (OWC) event here before, but have historically been denied. This year, Niagara put in a bid again to host the event in 2009. I'm very happy to announce that this year, the Long Distance Committee awarded Niagara the bid to host the 2-mile Open Water Championships in 2009. We certainly have some work ahead of us to prepare for the event, but I am very excited about being awarded the bid and look forward to showing some of the top open water swimmers what our region and our Masters Swimming organization has to offer them.

Newsletter Editor

I'm still in search of a volunteer to be our newsletter editor. If you haven't guessed, creating a slick newsletter is not my area of expertise. Anyone that has some creative juices in this area (or is just willing to help out) and would like to take a run at this, please let me know. Just drop me a line at niagarachair@hotmail.com. I'd like to get back to putting out 3-4 newsletters a year.

Thoughts?? Comments?? Questions?? Suggestions??

Feel free to drop me a note at:
niagarachair@hotmail.com.

Registration

A big change is coming (finally) to USMS. On-Line Registration!!! Yes, we are finally getting into the technology age and out of the paper based environment. As I type, our Registrar, John Pilger is learning about our new on-line registration system. The local Registrars will be the first to start using the system in November. They will process all of our new registrations through the system through the rest of 2007. Then, in early 2008, the on-line system will be made available to USMS swimmers to process their own registrations. For those that do not want to process their registrations electronically, paper registrations through our local Registrars will always be available as well. Stay tuned to the Niagara site, this newsletter, and the usms.org web-site for additional details as the testing progresses and a final cutover timeline is put in place.

Web Site

This is just a reminder to please check the Niagara web site (www.niagaramasters.org) on a regular basis to get the latest meet sheets and information. I know we have some work to do on getting some information on the site such as the records up to date. We'll endeavor to get that taken care of as quickly as possible.

George Bauman

I'm sad to report, that George Bauman, a long time Niagara District Masters swimmer, and holder of several district records, passed away on September 17th at the age of 93. Many of you will remember George as a regular at our local meets. He was a member of the CARPS group that trained at the University of Rochester. George was an inspiration to many of us and will be missed.

ROCHESTER AREA MASTERS SWIM MEET

SUNDAY, November 4, 2007

WARM-UP 8:30 am; MEET STARTS 9:30 am

Name _____ USMS/CASA # _____

Sex _____ Age _____ Date of Birth _____ Club (where you practice) _____

Telephone # () _____ Address _____

Event #	Event Name	Seed Time	Event #	Event Name	Seed Time
1	400 IM	_____	10	500 yd Free	_____
2	200 yd Free	_____	11	100 yd Fly	_____
3	100 yd Back	_____	12	100 yd Free	_____
4	100 yd IM	_____	13	200 yd IM	_____
5	50 yd Free	_____	14	50 yd Breast	_____
6	200 yd Fly	_____	15	200 yd Back	_____
7	100 yd Breast	_____	16	50 yd Fly	_____
8	50 yd Back	_____	17	200 yd Breast	_____
9*	200 yd Free Relay	_____	18*	200 yd Medley Relay	_____
	10-minute warm-up				

Events will be mixed (men and women) and timed finals seeded slowest to fastest by time. Event 10 may be deck-seeded. Open to all USMS and CASA registered swimmers 18 and older as of November 4, 2007. USMS registrations will be available at the meet. *Relays **ONLY** may be deck-entered, at no charge*. Awards for 1st, 2nd and 3rd place finishers. **REGISTRATION Fee** is \$8 plus \$3/event. Swimmers are limited to **5 individual events**, excluding relays.

INCLUDE PHOTOCOPY OF USMS REGISTRATION, CHECK MADE OUT TO RAMS AND SIGNED WAIVER. Entries must be received by **October 29, 2007**

Entry Fee = \$ 8.00
 # Events (5 max) x \$3 = \$ _____
TOTAL: \$ _____

SEND ENTRIES TO: Kay Turner/22 Woodridge Dr/Mendon NY 14506; (585) 582-1157; kayturn@rochester.rr.com
FACILITY: Judson Pool in the Gordon Field House on the RIT campus (Rochester NY). This is a new 8-lane, 25-yd pool with non-turbulent lane lines, electronic timing and separate diving pool for continuous warm-up/down. Take exit 46 off the NYS Thruway; proceed N to Exit 13 (Hylan Dr). Take a left onto Hylan and continue N to Jefferson Rd (Rt 252). Proceed west (left) 1 mi to first entrance to RIT main campus. Turn right and park in D-lot. For Mapquest directions, go to <http://inside.rit.edu/maps/>.

Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND07-04

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 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. (Rule Book Article 203.1)

Signed: _____ Date: _____

10th Annual Ithaca Masters Meet at Ithaca College

Sponsored by the Ithaca College Swim Team and Sanctioned by Niagara District Masters Swimming for USMS, Inc.
Sanction # ND07-05

Date: Sunday, December 9, 2007. Warm-up start at 9:00am, meet starts at 10:00am
Location: The Hill Center Pool at Ithaca College, Ithaca, New York. The pool is a six lane, 25-yard facility with a full LED readout Colorado Timing System, and Competitor 6" Gold Medal lane lines.
Meet Director: Kevin Markwardt, 1049 Hill Center, Ithaca College, Ithaca, NY 14850, (607) 274-3181, kmarkwardt@ithaca.edu
Eligibility: Open to all registered USMS/CASA swimmers 18 years of age and older as of 12/9/07
Fees: \$20 per swimmer. Includes 5 individual events and relays. Results will be mailed for additional \$4. Deck entries will be accepted. Deck entry fee \$24.
Entries: All entries must be received by the Meet Director by Monday, December 3ed, 2007.
Check In: Events 400 yards or longer, and all relays, require check-in and will be deck seeded.

NAME _____ USMS/CASA# _____
 ADDRESS _____
 SEX _____ AGE _____ Date of Birth _____ Phone(H) _____ (W) _____

Event#	Event Name	Seed Time	Event#	Event Name	Seed Time
1.	200 Medley Relay	_____	11.	100 Butterfly	_____
2.	200 Freestyle	_____	12.	50 Backstroke	_____
3.	100 Ind. Medley	_____		10 Minute Warm-up	_____
	10 Minute Warm-up	_____	13.	100 Freestyle	_____
4.	100 Backstroke	_____	14.	200 Ind. Medley	_____
5.	50 Freestyle	_____	15.	50 Breaststroke	_____
6.	200 Butterfly	_____		10 Minute Warm-up	_____
	10 Minute Warm-up	_____	16.	200 Backstroke	_____
7.	100 Breaststroke	_____	17.	50 Butterfly	_____
8.	400 Ind. Medley	_____	18.	200 Breaststroke	_____
9.	500 Freestyle	_____		10 Minute Warm-up	_____
	10 Minute Warm-up	_____	19.	1000 Freestyle	_____
10.	200 Free Relay	_____			

Entry Procedures

Please send entry form to the Meet Director (address listed above). Include the following with Entry Form:

- A photocopy of your USMS/CASA Registration
- A check or Money Order, payable to Ithaca College
- A signed Waiver Form (see below)

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 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 the USMS (Rule Book Article 203-1).

Signature of Participant: _____ Date: _____