

Niagara District Masters Swimming

Water Power Gazette

Fall - 2009

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 check out the list of local teams at www.niagaramasters.org 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 8th. There will also be a meet on December 12th at Ithaca College. Both meet sheets are attached and can also be found at www.niagaramasters.org.

The Suit Controversy

By now you've probably all become aware of the controversy that has erupted over what is / is not legal with regards to swimsuits that can be worn in competition. As of this writing, USMS has made no definitive decision on how it is going to proceed. Stay tuned for details and we'll make you aware of any rule change if and when they are announced.

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 niagasecretary@usms.org as soon as possible.

USMS Convention

Obviously, a lot is discussed and decided at convention. Far too much for me to cover here. 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

The Canandaigua Sawbellies acted as host to the 2009 2 mile Open Water Championships back on July 11th. There were 149 entrants in the 2 mile event from all over the country. This year, Mother Nature decided to make things interesting with a strong wind from the south resulting in waves (whitecaps actually) that haven't been seen on lake for quite some time. Unfortunately, the race had to be called on account of lightning (a first for an Open Water Championship), but a few quick, brave souls were able to complete the event.

Vern Hecker, Lynn Fuller, and the rest of their team put a lot of effort into this event which included an Open Water clinic run by Marcia Cleveland and a reception for Marcia and those that attended the clinic at the NY Wine and Culinary Center. I want to thank Vern, Lynn and their team for everything they did to organize and execute the weekend's events. Hopefully we can host another Open Water Championship in the future and Mother Nature will be a bit more cooperative.

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.

Registration

Just a reminder, USMS registration for 2010 is available on the USMS web site (www.usms.org). Registration fees for 2010 are going up by \$2 to \$27. If you prefer to have a hardcopy registration form sent to you, please contact the Niagara Registrar, John Pilger, at syrjohn@windstream.net or 315-673-2268.

Registration is necessary to compete in any USMS event. Most of our District teams that train together also require that all of their members are registered to ensure there is insurance coverage during practice times. For complete details on insurance coverage, please refer to: http://www.usms.org/admin/lmschb/lmsc_hb_ins.pdf

Annual Minutes

The Annual meeting was held after the Open Water Championships back in July. The meeting minutes are attached and can also be found at the Niagara Masters web-site. You'll note that a wide variety of positions within the District will be opening up in the coming months. Please contact me if you are interested in filling one of these roles.

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.

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

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