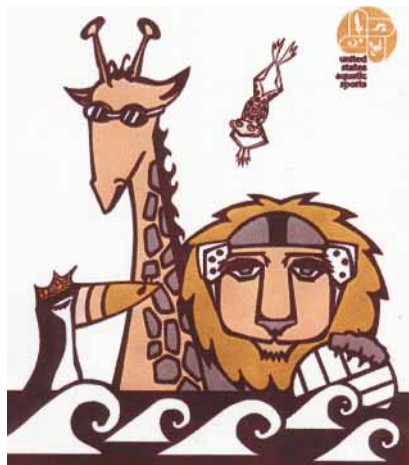




Fall/Winter 2003



**It's a Zoo!** USAS Convention XXIV  
San Diego, CA 2003

## 2003 USMS Convention News

By Joanne Tingley, Bill Tingley, Meg Smath, Tom Mester, Mike Lemke, and Pam Haerberlin

Kentucky's two delegates, Tom Mester (CHMS) and Pam Haerberlin (LAKE), along with Meg Smath (WILD; chair of USMS Publications Committee), Mike Lemke (CHMS; Great Lakes Zone Representative), Bill Tingley (LAKE; member of the Rules Committee), and Joanne Tingley (LAKE; at-large delegate), attended the convention in San Diego, September 10–14. Their reports below reflect the amount of work done at the national level to bring the core

objectives of U.S. Masters Swimming (service, educate, and build) to each Kentucky Masters swimmer.

**Registration Committee (Joanne Tingley):** LMSCs (Local Masters Swimming Committees—we're all members of the Kentucky LMSC) were encouraged to have a privacy policy to protect USMS member data. The National Office has such, as do several LMSCs, including Kentucky. Esther Lyman, National Database Administrator, spoke to the committee by phone, reporting that 2003

membership of more than 42,000 is about the same as for 2002, despite a dues increase and a weak economy. The main task for the committee in the upcoming year is to develop recommendations for functional system requirements for a national registration database.

Club and LMSC registration fees have been raised by \$10 each. At this time Kentucky team fees have not been raised, nor have individual registration fees.

**Fitness Committee (Joanne Tingley):** This committee's efforts are geared to swimmers whose main goal is *not* competition, but healthy exercise. *SWIM Magazine* and the USMS website both carry information about fitness events, such as:

- Check-Off Challenge: Order your 2004 T-shirt and try all the events.
- Virtual Swim Series: Use your swim yardage to "swim America's waterways." Virtually swim any of 10 exciting bodies of water.
- 30-Minute Challenge: How far can you swim in 30 minutes?

These are national events, and all information and entry forms are found at [www.usms.org/fitness/fitnessesvents.shtml](http://www.usms.org/fitness/fitnessesvents.shtml).

**Publications Committee (Meg Smath):** This committee is dear to my heart, as I am its chair! The Publications Committee chose from 15 attractive and

professional-looking cover designs, and selected the one submitted by Bill Volckening, of Portland, Oregon, for the 2004 rule book. The committee also decided to dedicate next year's rule book to our own Joanne Tingley, in recognition of her many years of being in charge of certification at the convention. This is an unglamorous job with long hours, but Joanne has cheerfully performed this duty since 1989. I heard one of the delegates from another LMSC describe Joanne

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*"Our LMSC works to further the USMS objectives of service, educate, and build the membership" — Pam Haerberlin*

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as "one of the unsung heroes of USMS," and we would certainly agree with that here in Kentucky! The timing was appropriate, because Joanne retired from being in charge of certification after this convention.

**Board of Directors (Meg Smath):** The major action by the Board was to approve paying \$25,000 to FINA (La Federation Internationale de Natation—competitive swimming's international governing body) as a fee for bidding for the 2006 Masters World Championships. This approval had to then be ratified by the House of Delegates, which it was, after much lively debate. The proposed site is Stanford University, near

**Kentucky LMSC**  
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Brad Schmied, records chair  
([bsch@bluegrass.net](mailto:bsch@bluegrass.net))  
Pam Haerberlin, LAKE  
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Gail O'Malley, WILD  
Tracy Elton, WILD  
Dave Burgio, WILD  
Tom Mester, CHMS  
Susan Ehringer, CHMS  
Mark Rogers, WKGG  
Heather Lehman, LOUY  
Bob Adams, OMM  
Kent Waide, HOPY  
David Oyen, EMS  
Keith Shepherd, PACM  
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# Lessons from the Olympic High Altitude Training Camp: Strength and Tapering

By Jon Shastid



Photo by Meg Smath

The author relaxing with teammate Molly Wilson at 2003 Short Course Nationals.

*This is the second in a series of articles by Jon based on what he learned at the Olympic High Altitude Training Camp. Should you have any questions about the camp, email Jon at [jonshastid@bluegrass.net](mailto:jonshastid@bluegrass.net).*

Since the 2004 Short Course Nationals are being held in Indianapolis in April 2004, either you or a member of your

team is probably looking forward to competing there. And you are probably thinking about how to train to get your best performance. Well, don't start a month or two ahead. Start two to three months before and then taper off two to three weeks before the big meet. Here are some thoughts on how to make that personal best performance.

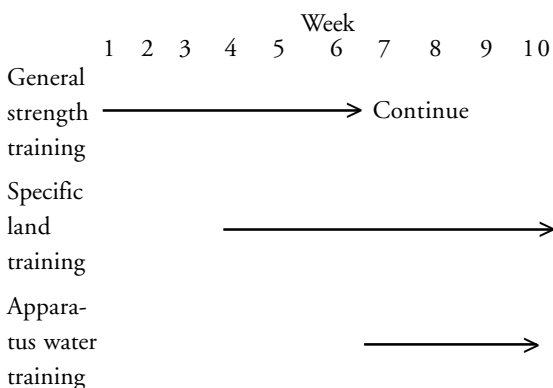
## Strength

The correlation between swimming speed and land/water strength is very, very high. *The shorter the distance, the more important strength is.*

The use of different training techniques and different apparatus (dry land and in water) is synergistic. Be aware of the *lag time* between the start of training and the effect on swimming—this needs to be considered, in both the time to start and when the

optimal impact is desired (e.g., Nationals). *The training you do now will start being effective in four to six weeks.*

As a rule of thumb, general dry-land strength training should start the season, followed by dryland training specific to the stroke or technique, followed by in-water specific training (e.g., pulling, fins, drills, etc.).



This does *not* mean that general swim conditioning and workouts should be sacrificed ... this strength training would be incremental.

For most swimmers the general strength training recommended would be something on the order of weight or machines for four to eight weeks, the same for dryland specific, and so also the in-water. When the desired number of weeks is determined, perhaps by backtracking from the focal point (e.g., Nationals), each of these sessions should overlap the next by roughly two weeks. Thus, if six weeks for each is desired, the total time for this training regimen would be fourteen weeks. Add to this whatever tapering time is needed. *Note:* starting training four to six weeks before the effect is desired will NOT work ... the body takes this four- to six-week period to make the adjustments and start the strength improvement.

As a result of this, strength training will continue to build (a lag effect) for approximately two to four weeks *after* the training is stopped. Thus, stopping the training regimen three to four weeks before the peak point and working on in-water resistance (e.g., short sprints, turns, breath enhancement, etc.) should optimize performance.

## Tapering

Getting the most out of your training, particularly for a big meet such as Nationals, requires more than *just* training. When the body trains it both grows stronger and more fatigued. Tapering is the method to reduce the fatigue aspect while enhancing the training portion of working out. Here are some tips:

- Two to four weeks prior to your big meet, start reducing the duration of workouts. Keep the number of workouts the same, but cut back on the yardage. That is, same intensity, but less of it.
- If you are doing weight training, think of ceasing it at this two- to four-week mark, as the benefits will continue after you stop.
- Look at spending pool time on starts, turns, and speed work (even if you swim distance events, the speed work will pay off in the last part of your race).
- Don't forget the mental aspect: imagine yourself doing well. 🍀

San Francisco. We know of no other bidders, and our bid was at the request of FINA, so it seems likely that Worlds will be coming to the U.S. in 2006! We will know for sure in March or April 2004.

**Communications Committee (Meg Smath):** A subcommittee will be working on improving the navigation and appearance of www.usms.org. Another subcommittee will come up with suggestions on how to welcome new swimmers. A particular emphasis will be placed on educating swimmers about the structure of USMS. There was much discussion about whether participants on the discussion forum at usms.org should be banned for rude behavior. Webmaster Jim Matysek has banned people before, but mainly for unsolicited advertising and vulgarity, not for rudeness. He tries to let the banter go for as long as possible, but lately one person's posts have been so offensive that many other users have been urging that this person be banned. The problem seems to have subsided, for now. Jim will program a pop-up message that will remind forum users of the guidelines they agreed to when they registered for the forum.

**Legislation Committee (Meg Smath):** This committee deals with the so-called "dry" sections of the rule book (as opposed to the "wet" sections that deal with the rules of competition). Of most interest to us here in Kentucky: the committee approved an amendment that returned Campbell, Kenton, and Boone Counties in Kentucky to the Kentucky LMSC! Previously, they had been in the Ohio LMSC (because they were considered suburbs of Cincinnati). The committee also approved an amendment that allows the Zone Committee chair to be elected at the same time as the other members of the Executive Committee. Previously, the Zone chair was elected in even years and all others in odd years. The major amendment was a complete revision of part 4 of the rule book, which deals with grievances and appeals. The new procedure is more logically ordered, and sets up review panels to hear grievances

and appeals. Previously, the Executive Committee heard these cases, and there was great potential for a conflict of interest. The new procedure requires anyone with a grievance to file it first with the appropriate LMSC. If the losing party is not satisfied with the outcome, the next step is to appeal to the national board of review. Previously, the procedure was to first file a grievance with the Executive Committee, who almost always sent it back to the LMSC. **Officials (Joanne Tingley):** The chair

introduced six USA Swimming Officials Committee members and had them say a few words

about the cooperative

efforts between the USA and USMS officials committees. Also discussed was the "Our Kids" initiative, which

**New delegate report:**

Wow! What can I say about the USMS convention? It was busy, tiring, confusing, energizing, and a fun time. On Wednesday, I assisted Joanne at the USMS certification table from 8:00 a.m. to 8:00 p.m. Yes, it was a long day, but it allowed me to see and meet over 200 delegates. Some, like me, were first-timers (we got a "I'm new. Help me" sticker for our badge) and others were seasoned veterans that I have seen at national meets or heard of/read about. I learned that Joanne is the lady with the answers—anything you needed to know about the convention, she knew. Beginning Wednesday evening at 7:30 p.m. through Saturday at 5:00 p.m. there were committee meetings. The Kentucky delegation members each had assigned meetings, along with the House of Delegates and Zone meetings. I was asked to attend Safety Education and Insurance; also, I chose to attend Sports Medicine and Registration.

—Pam Haerberlin

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*Campbell, Kenton, and Boone Counties have been "returned" to the Kentucky LMSC.*

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works with the various swimming governing bodies on rules differences. Guidelines for LMSC officials chairs

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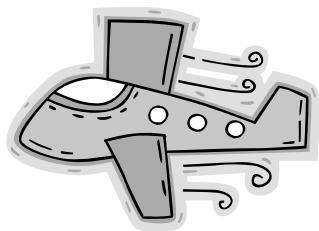
Photo by Meg Smath

Our delegates managed to do more than just attend meetings! Pam Haerberlin, Tom Mester, Meg Smath, and Jan Mester had dinner one night in the Old Town section of San Diego.



## Dentist in the desert!

Dr. Clay Gilbert (CHMS) will be leaving October 10 with a team of 10 people consisting of physicians, dentists, and nurses. They will arrive in Kabul, Afghanistan, October 12. Clay says, "Our purpose will be to serve the poor through medical and dental care, as well as to show love and concern for a country that truly needs it. We are truly blessed to live in America. We will do dental work in a town 1 to 2 hours from Kabul called Istaif. The physicians will work at Maywand Hospital in Kabul. We will also have some time for shopping on Chicken Street (that should be interesting). I am very excited and look forward to sharing the trip and many pictures with the swim team."



# SKY Writings

## Owensboro Marlin

**Masters:** We are happy to host the fifth annual Kentucky Classic meet on Saturday, November 8, 2003, at the Owensboro Mercy HealthPark.

For a number of reasons, this will be a short course *yards* meet rather than a short course *meters* meet, as in the past. We hope to have a good turnout this year. Please download the meet information at [www.kylmsc.org](http://www.kylmsc.org). Your team will also have a copy, or contact Bob Adams at (270) 686-8302. Please note the freestyle relay will be 400 yards.

—Bob Adams

## Pennyrile Aquatic Club

**Masters:** Welcome Swim Kentucky's new team! This team, formed by Keith Shepherd, is working out in the Rick Cohn Aquatic Center, at Hopkinsville High School. See you at the Kentucky meets!

—Keith Shepherd

## Lakeside Masters:

Congratulations to Paul Graves, 20, who entered the Pier to Pier ocean swim, Hermosa Beach to Redondo Beach, California, on August 3. After a fantastic gang start, Paul finished second in his age group (18-24) and fourth overall, swimming the 2 miles in 37:48!!!! This was Paul's first ocean swim. Paul was coached by his uncle, and former winner, Jack Tingley—also a member of Kentucky Masters.

Engagement announcement: Pam Haeberlin and Jim Luebbe made the announcement at the Lakeside Invitational meet in August. Best wishes to both of them!!!!

At the USMS convention in San Diego, Joanne Tingley was recognized for her years of work on the Convention Committee as certification chair and as a working delegate from Kentucky. She received a handsome

clock with the USMS logo, a lovely San Diego shirt from the Convention Committee, and to top it off, the Publications Committee voted to dedicate the 2004 rule book to Joanne. Congratulations!

—Mary Graves

## Crescent Hill Masters:

Leslie Weeter was the only representative of SKY to attend the Long Course Nationals at Rutgers this August. Leslie placed well in these events: third in 400 IM and fourth in the 200 fly!!! Way to go, Leslie!!!

Mike Lemke has been elected zone representative for the Great Lakes Zone—the zone includes Allegheny Mountain, Central (Illinois), Indiana, Kentucky, Lake Erie, Michigan, Ohio, and Wisconsin. Mike will sit on the Board of Directors of USMS. We applaud his election and know he will make Kentucky proud!

—Tom Mester

**Wildcat Masters:** It's been the best of news and the worst of news recently for Wildcat Masters. The best was that John and Ann Grant became the proud parents of James William Barton Grant on August 27. James weighed 8 pounds and was 20 inches long. Congratulations John and Ann!


The worst was that our teammate Jessica Justen passed away at the age of 32 in August. We miss you, Jessica.

We also hosted the Tri for Sight triathlon on September 21, with all proceeds going toward eye research at UK. Special thanks to James Johnson for sponsoring the triathlon!

—Meg Smath

## Louisville Y Masters:

Matthew Robinson, LOUY member, and Marie White, former LOUY member, will be married in October 2003. Best wishes to another swimming couple!!!!

—Heather Lehman 

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—"2003 Convention," continued from page 3

will be sent to all LMSCs. Kentucky's own Mike Lemke was appointed the Officials Committee liaison to the

USMS Short Course Championships in Indianapolis next April. **Safety Education/ Insurance Committees**

**(Pam Haeberlin):** These committees go hand in hand. If everyone is educated and follows the safety rules, the number

of insurance claims goes down. The big discussion was about environmental factors such as

—Continued on page 5

# Kentucky LMSC Records, Long Course Meters, 2002–2003 (Compiled by

Brad Schmied, Records Chair)

## Men (37 records)

<i>19-24</i>					
50 back	30.34	Chris Tingley	LAKE	8/10/02	
200 back	2:20.99	Paul Graves	LAKE	8/10/02	
200 breast	2:42.29	Paul Graves	LAKE	8/9/03	
200 IM	2:18.50	Paul Graves	LAKE	8/9/03	
<i>35-39</i>					
100 free	58.54	Jim Luebbe	LAKE	8/15/02	
200 free	2:08.78	Dale Mercker	LAKE	8/10/02	
400 free	4:32.47	Dale Mercker	LAKE	8/10/02	
800 free	9:54.54	Dale Mercker	LAKE	8/10/02	
1500 free	18:31.22	Dale Mercker	LAKE	8/10/02	
50 breast	33.63	Jim Luebbe	LAKE	8/15/02	
100 breast	1:13.82	Dale Mercker	LAKE	8/9/03	
200 breast	2:43.67	Dale Mercker	LAKE	8/10/02	
200 IM	2:25.31	Dale Mercker	LAKE	8/10/02	
<i>40-44</i>					
50 fly	29.25	Norm Schippert	CHMS	6/21/03	
100 fly	1:04.65	Kirk Buese	LAKE	8/10/02	
<i>45-49</i>					
100 fly	1:07.75	John Voorhees	CHMS	8/9/03	
<i>50-54</i>					
50 back	32.61	Bill Tingley	LAKE	8/15/02	
100 back	1:11.61	Bill Tingley	LAKE	8/15/02	
200 back	2:42.20	Bill Tingley	LAKE	8/15/02	
<i>55-59</i>					
100 free	1:02.79	Jon Shastid	CHMS	8/9/03	
50 back	35.80	Jon Shastid	CHMS	6:21.03	
50 breast	39.05	Jon Shastid	CHMS	8/9/03	
50 fly	30.52	Jon Shastid	CHMS	8/9/03	
100 fly	1:17.34	Denny Hamilton	WILD	8/15/02	
200 IM	2:49.71	Jon Shastid	CHMS	6/21/03	
<i>60-64</i>					
100 free	1:07.41	Bob Tesch	WILD	8/10/02	
1500 free	21:19.18	Bob Tesch	WILD	8/10/02	
50 breast	41.56	Ralph Johanson	CHMS	8/9/03	
200 breast	3:39.98	Ralph Johanson	CHMS	8/10/02	
<i>70-74</i>					
800 free	19:14.75	Jim Nichols	CHMS	8/10/02	
<i>90-94</i>					
50 free	55.21	Gary Weisenthal	LAKE	8/9/03	
100 free	2:23.53	Gary Weisenthal	LAKE	8/9/03	
800 free	29:34.41	Gary Weisenthal	LAKE	8/9/03	
1500 free	51:09.50	Gary Weisenthal	LAKE	8/9/03	
50 back	1:05.89	Gary Weisenthal	LAKE	8/9/03	
100 back	2:41.73	Gary Weisenthal	LAKE	8/9/03	
200 back	5:52.18	Gary Weisenthal	LAKE	8/9/03	
<b>Women (32 records)</b>					
<i>35-39</i>					
50 free	29.68	Gina Gatti Vice	CHMS	8/10/02	
50 back	35.23	Laura Clark	WILD	8/10/02	
100 back	1:17.07	Laura Clark	WILD	8/10/02	
<i>45-49</i>					
50 free	31.07	Pam Martin	LAKE	8/10/02	

100 free	1:09.97	Pam Martin	LAKE	8/10/02	
200 free	2:31.41	Chris Curl	LAKE	8/10/02	
400 free	5:21.58	Chris Curl	LAKE	8/10/02	
800 free	11:03.39	Chris Curl	LAKE	6/16/02	
50 back	42.88	Sandra Marlowe	WILD	6/21/03	
100 back	1:21.27	Chris Curl	LAKE	8/10/02	
200 back	3:00.26	Chris Curl	LAKE	7/14/02	
50 fly	34.61	Pam Martin	LAKE	8/10/02	
200 IM	2:56.37	Pam Martin	LAKE	8/10/02	
<i>50-54</i>					
200 fly	3:56.21	Debbie Utz	LAKE	8/9/03	
200 IM	3:30.68	Debbie Utz	LAKE	8/9/03	
400 IM	7:27.24	Debbie Utz	LAKE	8/9/03	
<i>60-64</i>					
50 fly	49.28	Sue Jewell	LAKE	8/9/03	
<i>65-69</i>					
50 free	39.63	S. Bradley-Cox	WILD	7/13/03	
800 free	14:28.26	S. Bradley-Cox	WILD	8/9/03	
1500 free	27:17.50	S. Bradley-Cox	WILD	8/9/03	
200 back	3:57.49	S. Bradley-Cox	WILD	7/13/03	
<i>70-74</i>					
400 free	10:04.93	M.J. Mullins	LAKE	8/10/02	
800 free	20:17.82	M.J. Mullins	LAKE	6/16/02	
50 back	56.09	M.J. Mullins	LAKE	8/15/02	
100 back	2:04.67	M.J. Mullins	LAKE	8/15/02	
200 back	4:31.73	M.J. Mullins	LAKE	8/15/02	
50 fly	1:06.12	M.J. Mullins	LAKE	8/15/02	
200 IM	4:56.71	M.J. Mullins	LAKE	8/9/03	
<i>90-94</i>					
50 free	1:31.61	Dorothy Riordan	LAKE	7/14/02	
100 free	3:31.30	Dorothy Riordan	LAKE	8/10/02	
50 back	1:54.35	Dorothy Riordan	LAKE	8/9/03	
100 back	4:19.03	Dorothy Riordan	LAKE	8/10/02	

## Relays (6 records)

<i>women's 800 free</i>					
160+	10:46.62	Lakeside Masters	LAKE	7/13/03	
(Valerie Davison, Caroline Donnelly, Pam Martin, Amy Pope)					
<i>men's 400 free</i>					
200+	4:45.49	Crescent Hill	CHMS	6/15/02	
(Jim Grubbs, Norm Scott, John Graham, Tom Mester)					
<i>men's 400 medley</i>					
160+	5:05.63	Crescent Hill	CHMS	6/15/02	
(Mike Johmann, John Voorhees, Robert Holmes, Clay Gilbert)					
<i>mixed 400 free</i>					
120+	4:38.81	Crescent Hill	CHMS	6/15/02	
(Kathy Beckovich, Alexandra Nieto, Jimmy Lasalvia, Scott Rogers)					
<i>mixed 800 free</i>					
200+	12:13.88	Wildcat Masters	WILD	7/13/03	
(Bob Walker, Janice Kregor, David Maehr, Susan Bradley-Cox)					
<i>mixed 400 medley</i>					
200+	5:12.57	Crescent Hill	CHMS	6/15/02	
(Alexandra Nieto, Kathy Beckovich, José Nieto, Scott Rogers)					



## USMS 2004 Short Course National Championship

Host hotels:  
All are in 8 minutes walking distance!!!  
When making reservations, ask for the *U.S. Masters Championships* room block to get the discounted meet rate!  
University Place \$129 (800) 627-2700  
Courtyard by Marriott Downtown \$129 (800) 589-3302  
Courtyard by Marriott Capitol \$119 (888) 816-4091

SKY members—let's make this our goal for spring!!!!

## Kentucky Masters Mini-Meet Schedule

A short course meters mini-meet will be held November 23 at Lakeside Swim Club, Louisville. Events will be the 800 free relay and 200 relays (free or medley).

In February a short course yards mini-meet will be held at the Mary T. Meagher Natatorium, Louisville. Events will be 100 free, 50 back, 50 breast, and 100 fly.

In July a long course meters mini-meet will be held at Lakeside Swim Club, Louisville. Events will be the 800 free relay, 100 breast, 50 free, 200 back, and 50 fly.

These meets are open only to swimmers and teams registered with the Kentucky LMSC. Contact Tom Mester, 502-897-6072 (H) or 502-426-5210 (W), mesterj@truckequip.com, tjmester@bluegrass.net

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shark sightings, wind gusts, fog, and extremely low temperatures affecting open water swims. It is up to the meet director to let the participants know the risks in advance and make the final call. On meet entry forms, you

may soon see a spot for an emergency contact person included.  
**Sports Medicine (Pam Haerberlin):** Dr. Joel Stager, an active Masters swimmer/coach from Indiana University exercise physiology, spoke at the sports

medicine meeting. He will continue his study of Masters athletes and aging. Our LMSC members may be asked to participate in his study. He has concluded that physical activity is THE single mechanism that has been shown in

humans to significantly extend life. If so, USMS swimmers may be swimming in the fountain of youth!  
**Coaches Presentation (Tom Mester):** Michael Collins gave an enlightening presentation at

—Continued on page 6

## Convention

### Summation:

USMS delegates are a diverse group of individuals, all volunteering their expertise for us. Most of us don't realize that these people are what allow us to swim. Our Kentucky contingent is well known and highly respected for the work they do. Our LMSC works to further the USMS objectives of service, educate, and build the membership. Any questions, please ask a member of your LMSC.

—Pam Haerberlin

### From the National Office:

The colorful new USMS information brochures are available and make great recruiting tools. You may order these free brochures, paying postage only, from Tracy Grilli, USMS National Office, P.O. Box 185, Londonderry, NH 03053-0185, (800) 537-0204, [usms@usms.org](mailto:usms@usms.org).

morning workout. He digitally recorded everyone swimming a 25 of choice. He then used a recording of a world-ranked swimmer doing the same stroke, and matched them on a computer split-screen. Michael even "synched" the strokes to compare and contrast each of us. Most of us hold our heads way too high, and I drop my elbows! Sounds like the coach needs coaching.

**Coaches Committee (Tom Mester):** *Service, educate, and build the organization* was the theme of the convention and a natural for coaches.

*Service:* providing mentor coach and swimmer clinics. A number are still available. Olympic Training Center camps will continue, and the Masters Coaches Conference at ASCA will promote Masters swimming to age-group coaches. Other services include online coaching and workouts and on-deck coaching at national and international meets.

*Educate:* "Coaches Committee Quarterly," "Ask the Coach," video and book libraries, online coaches manual.

*Build:* promote Masters swimming whenever, wherever possible, especially to triathletes.

The committee also accepted Emmett Hines

as the USMS video librarian, requested that online workouts be available ONLY to USMS-registered members, and requested that online registration be made available for 2004.

**Long Distance Committee (Tom Mester):** Much of the meeting (as always) involved awarding different long distance championships for 2005. A record number of bids this year. Certainly with the greater number of triathletes in our ranks, these swims will only grow in popularity. Here is the list for 2005:

- 1-mile open water: central Oregon
- 1-3 mile open water: Chicago
- 1-hour postal: Indy SwimFit
- 3000-6000 yard postal: Clemson
- 2-mile cable: Lake Placid, N.Y.
- 3-6 mile open water: LaJolla, Calif.
- 6+ mile open water (10K): Fort Meyers, Fla.
- 5-10K postal: St. Pete Masters

The biggest discussion involved allowing the postal swim organizers to post "intermediate" results and whether it would be fair to those sending in results early. Anyone who wants to re-swim a postal swim just to try to gain a few extra yards can go for it (read: nuts).

## Great Lakes Zone

### Meeting (Tom Mester):

Our own Mike Lemke chaired the meeting. There was discussion about the function or necessity of the Zone Committee. Mike was given quite a list of items to cover to justify the committee's existence. Although Kentucky seems to be a lesser player in the zone idea, I still feel it does promote our core objectives: *service, educate, build the organization.*

### Ad Hoc Legal Counselors (Mike Lemke):

Discussions included legal aspects of the 2006 FINA Masters World Championships, changes to part 4 of the USMS rules, guidance for the Insurance Committee about signing facility contracts, and retention of registration information (a statement will be made for LMSC chairs and registrars).

### Zone Committee (Mike Lemke):

The committee approved the proposed amendment to elect the Zone chair during the same year officers are elected. Tasks for the upcoming year include development and implementation of zone projects in accordance with the newly adopted job description. This covers national-level duties, zone-level duties, and LMSC liaison duties. It is extensive and covers the primary focus of zones to assist in the development of projects

that are aimed at strengthening USMS from the local level and fulfilling the core objectives of *service, educate, and build.*

**Rules Committee (Bill Tingley):** Note: this year only emergency rules changes were accepted.

Water level must be deeper than 4 feet for diving, both for meets and workouts. If the water level is 3½ feet or shallower, swimmers *must* start in the water.

All other changes were minor housekeeping ones.

After much discussion, the committee voted to recommend grandfathering pool measurements made prior to January 1, 2003. However, the House of Delegates rejected the committee's recommendation. Therefore, all lanes of all pools must have been measured by steel tape or laser in order for a sanctioned meet to be held in them.

### Championship Committee (Bill Tingley):

The long course championship for 2005 was awarded to Mission Viejo, California. The only bid for the 2005 short course championship was from Orlando, who did not send a representative to convention. They also could not be reached by phone. The committee had serious questions about space limitations

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—“2003 Convention,” continued from page 6

and meet management. Therefore, the House of Delegates approved allowing the Championship Committee to accept additional bids until October 31. The Board of Directors will then award the bid for the 2005 short course championships. Several facilities submitted late bids, and they may bid again. They include Delta University in Mississippi, the International Swimming Hall of

Fame in Ft. Lauderdale, and the Olympic pool at Georgia Tech in Atlanta.

This situation fueled discussion about the bidding process. A suggestion was made that the Championship Committee appoint one of its members to help each potential meet host put together an acceptable bid.

A survey was conducted after this year's short course

championships to solicit feedback about Tempe's decision to seed men and women together in the 1000 and 1650 freestyles. This saved an hour, which was helpful to both swimmers and volunteers. Out of 100 survey respondents, the overwhelming majority (83) preferred to swim men and women together. Comments from survey respondents indicated they preferred

to swim against swimmers with similar seed times, regardless of gender.

Championship also approved a request from the Indianapolis organizers not to have shuttle service provided at 2004 short course nationals. The committee decided that in the future shuttle service would be an option to be encouraged, not a requirement. 🏊

**Convention Summation:** This convention meeting schedule again was set up in "blocks." We did not reconvene as a block every day, which seemed to be much less confusing this time around. I didn't get a sense of the blocked committees working as closely together. Morning workouts were very well attended—5-minute bus ride from the hotel and we were back and ready for 9:00 a.m. House of Delegates meeting. Swimming outdoors as the sun is coming up can't be beat!!! Great location for a convention.

—Tom Mester

## Sanctioned Meets, 2003–04

Date	Meet	Location	Contact
November 8	Kentucky Classic Invitational (SCY)	Owensboro, Ky.	Robert Adams 2245 Canonero Loop Owensboro, KY 42301 RWA5@excite.com
December 6	New Albany Adult Boosters Invitational (SCM)	New Albany, Ind.	Dewey Rissler 105 Mack Dr. New Albany, IN 47150 (812) 944-8494 dew105@aol.com
December 7	Lakeside Mile (SCM)	Louisville, Ky.	Joanne Tingley 2107 Eastview Ave. Louisville, KY 40205 jgtring@bellsouth.net
January 31	Barbara Stevens Memorial (SCY)	Bowling Green, Ky.	Mark Rogers 306 Robin Hood Trail Bowling Green, KY 42101 rocketrog@aol.com Randy Hansbrough jrhans@insightbb.com
March 6–7	Wildcat Masters Invitational (SCY)	Lexington, Ky.	Meg Smath Lancaster Aquatic Center 1000 Complex Dr. University of Kentucky Lexington, KY 40506 megsmath@bluegrass.net
June 19-20	SwimLouisville.com Invitational (LCM)	Louisville, Ky.	Mike Lemke 3127 Radiance Rd. Louisville, KY 40220 mcl@bluegrass.net
August 7–8	Lakeside Masters Invitational (LCM)	Louisville, Ky.	Joanne Tingley (see above) 🏊



## Kentucky Waves

Published spring/summer and fall/winter by the Kentucky Local Masters Swimming Committee. William Tingley, chair; Mike Lemke, vice chair; Meg Smath, secretary; Melinda Schmitt, treasurer; Joanne Tingley, registrar.

Submit material for spring/summer issue by May 1; for fall/winter issue by October 1 to:

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Louisville, KY 40205  
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Editor: Joanne Tingley  
Designer: Meg Smath  
Printer: Sam Blythe at  
WesterfieldBonte Co.

## Registration Notes

**Team Registration:** All SKY teams need to register in October with the Kentucky LMSC. Please return your registration form with

\$30 check promptly to Joanne Tingley, registrar.

**Individual Registration:** *New* member registrations begin November 1 for the 2004 registration

year. *Renewal forms* will be sent in November to all swimmers registered with the Kentucky LMSC in 2003. Your 2003 registration *expires* December 31, 2003!



## Mike Lemke Wins Dot Donnelly Award

Mike Lemke (pictured at left) was presented the Dorothy Donnelly USMS Service Award at the USMS convention in San Diego.

Twelve of these awards are presented

each year to USMS members "whose service stands out in its scope, its impact on the program, and the number of USMS members who have benefitted from their efforts on the local,

regional, and national level." Mike (CHMS) is vice chair of our LMSC, vice chair of the USMS Legal Counselors Committee, and Zone Rep for the Great Lakes Zone. Congratulations, Mike!



Photo by Meg Smath