

## USMS: Made for You and Me!

By Joanne Tingley, Dave Burgio, Susan Ehringer, Mark Gill, Mike Lemke, Tom Mester, Robin Segnitz, Meg Smath, Bill Tingley and Michelle Ward

### Kentucky LMSC

William Tingley, chair  
(btingley@insightbb.com)

Mike Lemke, vice chair  
(mcl@bluegrass.net)

Robin Segnitz, secretary  
(swimrobin@yahoo.com)

Melinda Schmitt, treasurer  
(mels.canes@insightbb.net)

Susan Ehringer, registrar  
(kyregistrar@usms.org)

Pam Luebbe, co-registrar  
(luv2swim4497@msn.com)

Brad Schmied, records chair  
(bsch@bluegrass.net)

Bob Adams, top 10 chair  
(rwa5@excite.com)

Dave Burgio, WILD  
Vicki Catlin, BEST  
Tracy Elton, WILD  
Mark Gill, SLM

Cork Haberek, AYMS  
Randy Hansbrough, WKGG

Steve Hellmann, WILD  
Janice Kregor, WILD  
Pam McFarland, WILD  
Thomas Mellows, MTMS

Tom Mester, SLM  
Gail O'Malley, WILD  
Mark Rogers, WKGG  
Meg Smath, WILD  
Joanne Tingley, LAKE  
Michelle Ward, SLM

Kentucky was well represented at the USMS convention in Garden City, Calif., during the week of September 26–30. Our delegates include two national officers—Mark Gill, VP Member Services, and Meg Smath, Secretary. Also, Bill Tingley serves on the Rules Committee, David Burgio serves on the Finance Committee, and Mike Lemke serves on the Zone Committee. Susan Ehringer serves as the Rule Book Coordinator. Tom Mester and Robin Segnitz were Kentucky's delegates, and Michelle Ward was an at-large delegate. It was a week crammed full of committee meetings, workshops and camaraderie. The delegate reports follow so you can be informed of the activities of USMS and how you are affected. **READ ON!**

**Dave Burgio.** The Finance Committee met four times during the three days of the convention, totaling nearly nine hours of meeting time, excluding preparation re-

quirements as well as numerous times during the year via email discussing updates to the Financial Operating Guidelines.

The Finance Committee discussed the USMS audit report comparing fiscal years 2006 and 2005. Fiscal year 2006 showed a positive net income of \$34,827; fiscal year 2005 showed a positive net income of \$207,153. We discussed fiscal year 2007, which is estimated to show a positive net income of approximately \$45,000. Estimated 2007 net income includes a write-off (loss) for the XI FINA World Masters Championships bad debt expense expected to

finalize at approximately \$145,000. We talked at considerable length and detail about balancing the fiscal year 2008 budget. It was approved by the House Delegates, totaling \$1,450,000 and projecting a break-even budget plan. USMS membership is expected to be approximately 45,000. Resources were allocated to enhance club and membership development; resources were also allocated to support an online registration system for members, and resources were included to fund a study to evaluate further web operational/communica-

—Continued on page 3



Michelle and Meg boarding Big Thunder Mountain Railroad at Disneyland after the convention. (Photo courtesy Michelle Ward)

### Upcoming International Events

April 17–25, 2008: XII FINA World Masters Championships, Perth, Australia

October 2009: World Masters Games, Sydney, Australia

June 2008: IGLA Championship, Washington, D.C.

2009: IGLA Championship, Copenhagen, Denmark

### 2009 pool National Championships:

Short Course: Clovis, Calif., May

Long Course: Indianapolis, Ind., August

### 2009 Long Distance National Championships:

6+ Mile: Harbor Springs, Mich.

3–6 Mile: Big Shoulders, Chicago, September 12

1 Mile: Millerton Lake, Clovis, Calif. (to be held in conjunction with the 2009 Short Course National Championships)

2 Mile Cable: Lake Placid, N.Y., August

1–3 Mile: Canandaigua, N.Y., July 18

One Hour Postal: Ohana, Pacific Northwest

3000/6000 Yard Postal: Clemson, S.C.

5/10K Postal: Minute-man, New England

Masters

## Results of SKY swimmers in National Senior Games

### Women 50-54

#### Mary Graves

19th, 50 free (37.57)  
16th, 100 free (1:30.48)  
11th, 200 free (3:11.90)  
4th, 50 back (37.76)  
7th, 100 back (1:25.69)  
5th, 200 back (3:07.85)

#### Wendy Medley

8th, 50 free (32.78)  
7th, 100 free (1:13.89)  
7th, 200 free (2:40.69)  
7th, 500 free (7:20.40)  
11th, 100 IM (1:26.92)  
7th, 200 IM (3:06.63)

#### Gail O'Malley

25th, 50 free (43.49)  
15th, 500 free (8:50.92)

#### Meg Smath

11th, 50 free (34.96)  
8th, 500 free (7:47.56)  
6th, 50 breast (43.09)  
5th, 100 breast (1:35.97)  
4th, 200 breast (3:35.84)  
18th, 100 IM (1:36.21)

#### Karen Wunderlin

23rd, 100 free (1:51.10)  
19th, 50 back (51.44)  
17th, 100 back (1:48.27)

### Women 55-59

#### Diane Bellafronto

15th, 50 free (36.42)  
15th, 100 free (1:28.23)  
16th, 200 free (3:24.27)  
13th, 50 breast (50.41)  
11th, 100 breast (1:54.94)  
15th, 100 IM (1:43.97)

#### Marilyn Blaske-Hull

14th, 50 free (35.77)  
11th, 100 free (1:19.76)  
11th, 200 free (2:56.82)  
10th, 50 back (43.63)  
9th, 100 back (1:32.63)  
10th, 200 back (3:21.98)

#### Anne Huntington

5th, 100 breast (1:40.30)  
6th, 200 breast (3:44.91)  
9th, 100 IM (1:34.39)  
6th, 200 IM (3:27.60)

# National Senior Games: Never Too Old to Swim!

By Joanne Tingley, Mary Jane Mullins and Steve Hellmann

The Senior Olympics Summer National Games came to Louisville in June of 2007, bringing 12,000 athletes over 50 years of age to participate in the many sports offered. In 2006, all athletes had qualified for their particular sport in their state. A week of swimming at the University of Louisville Natatorium began with the 65+ age groups, June 27-29, and the 50-64 age groups swam from June 30-July 2. Over 800 swimmers from all 50 states participated. Though not all swimmers were registered Masters, there was good competition along with a lot of camaraderie. What a great event, with Kentucky having the oldest female participant, Dorothy Riordan, 95, a Kentucky Masters swimmer.

Medals were given for the first three places and ribbons through eighth place.

Here are personal insights of the meet from **Mary Jane Mullins**, 76, SKY-LAKE, Louisville, about her age group's events and **Steve Hellmann**, 63, SKY-WILD, Lexington, of the 50-64 swimmers and events.

### Mary Jane Mullins

Can you imagine folks setting their canes or walkers aside or sliding out of wheelchairs and into the pool to swim?

All you had to do was look when the 65 and older swimmers competed! I've participated in several Masters Nationals, and was awed at the number of competitors in each of these age groups.

The pool was configured into two courses, one for the 65-74 youngsters and the second for the 75+ swimmers. Marty O'Toole (Kentucky) and Kathleen York (Indiana) competed in the 65-74 group, while Dorothy Riordan, Matt Flannagan and I (Kentucky) were with the 75+ swimmers. The "kids" started at the west end of the pool and we mature swimmers at the east end, which helped facilitate an exceptionally well run large meet.

The most colorful part of the meet consisted of the varied cheering sections for individual swimmers. Children and grandchildren sported T-shirts with slogans such as "Go Mom!" or "Go Grandpa," and there were plenty of family cheerleaders for out-of-state as well as Kentucky swimmers.

### Steve Hellmann

This article is what I have observed and felt during my four days at the 2007 National Senior Games. I arrived at the Expo Center and met my fellow Lexington teammates, Dave Burgio, Denny Hamilton and Bill Sturm, at the center. Registration went smoothly, we picked up heat sheets and goodie bags and viewed some

of the booths. Next we went to the U of L pool and congratulated Matt Flannagan on his previous-day win in the 80+ age group. I was very happy just to see him there with his wife and that he was still competing. I congratulated Bill Lauer, from Tennessee, on his good swims. We had met at the FINA Masters World Championships in Stanford last summer and shared a common military experience from years past.

When I arrived early Saturday morning poolside, Meg Smath and Mary Graves had already set up a SKY area together for Kentucky swimmers. This was good Kentucky camaraderie, I thought, and was proud of the two girls. I met

—Continued on page 3



SKY swimmers cheer on Bill Tingley in one of his record-breaking backstroke victories at the National Senior Games. (Photo by Meg Smath)

—*"Senior Games," continued from page 2*

some different Louisville swimmers and welcomed their conversations. Everyone warmed up to their different methods, and there was plenty of time and room for everyone. Bill Tingley winning three gold medals and setting records was a highlight to view, even though I missed his 50 yard backstroke. I have a video taken by Meg of Joanne Tingley, Bill's mother, cheering her son on to the finish just as if he was still an age-group swimmer. Denny Hamilton had a good meet, along with Tom

Finnegan, my competitor and friend. Dave Burgio had many personal best times. Meg Smath's 50 free was awesome. The 60–64 was the toughest age group from first through tenth place. I could have placed in the top four in some lower age groups with my same time as placing sixth or eighth. In the 100 fly, I placed 11th, but in the 55–59 age group I would have placed third! Many national records were set during the meet.

The meet started on time and was well organized. There were

plenty of warm-up and warm-down areas, and lots of water provided to drink, and no long lines for awards for those that earned them. The men's locker room chatter was about different types of cancer, survival and just glad to be competing—very good camaraderie among the older men.

Parking at the pool Monday was difficult since the main lot was full and most of us had to park at Papa John's Stadium and walk the half mile plus to the pool and back. The chlorine was tough and affected

those who had asthma. John Krooks, a swimmer and coach from out West, said that it was the wrong type of chlorine and should be changed. This was all news to me, and I was not sure how to comment. Some people needed assistance on leaving the water, and the guards even had to jump in at least once to help a swimmer. But overall, it was a very tough and well-run swim meet, and I was happy to be competing and enjoyed everyone's friendship. 🙌

—*"Convention," continued from page 1*

tion improvements for members.

The House of Delegates approved revisions recommended by the Finance Committee to the USMS Financial Operating Guidelines (FOG).

In addition, the Finance Committee formed a subcommittee to evaluate USMS reserve guidelines and the accompanying investment policies, on which I expect to serve.

I wish to thank everyone for the opportunity to attend the convention and help represent the Kentucky LMSC.

**Susan Ehringer.** Starting November 1, 2007, annual dues to USMS for the 2008 season will increase to \$35 per year. This dues increase is to cover operating

costs at the national level. Included in this increase is the anticipated release in early 2008 of the online registration system. Registrars began testing the system in October and will utilize the system during the initial rush of registrations in 2008. Once the system becomes active, unregistered members will be notified by email that they may register online. The system will allow anyone to register or renew memberships at their own convenience and with a credit card. At this point, only VISA and MasterCard will be accepted. Members without a computer or credit card need not worry. All registrars will still accept paper registrations and payment by check, money order or cash. Do not wait until the

system becomes active to register yourself. Please send your renewals prior to the expiration date of December 31, 2007!

Mel Goldstein of Indy SwimFit reported to the **Marketing Committee** that he is seeing success in the Club in a Box program. The program is to assist new or struggling teams to gain members by providing a mentoring program and offering leadership workshops. Mel or a member of USMS will come to the area and provide any services needed to assist the team. His presentation includes information about team growth, financial guidelines and member retention. To apply for this program you must first complete a questionnaire developed to assess your needs. Please contact the USMS

National Office to request a questionnaire or if you have questions regarding this program, call or email Mel Goldstein—317/253-8289, goldsteinmel@sbcglobal.net.

Bimonthly emails topped the list of items that the **Communications Committee** discussed. During the past year, the committee has entertained the idea of emailing members during the off months of *USMS Swimmer* production. These emails would inform members of items of interest on the USMS website, promote fitness events and national championships and maintain awareness of deadlines and other items of general interest to the membership as a whole.

—*Continued on page 4*

## Senior Games results (continued)

Janet Scheeline  
17th, 50 free (39.17)  
18th, 100 free (1:30.91)  
17th, 200 free (3:30.90)  
18th, 50 back (51.88)  
**Women 60-64**  
Vicki Catlin  
3rd, 50 free (37.06)  
4th, 100 free (1:23.72)  
8th, 200 free (3:04.65)  
5th, 500 free (8:21.78)  
8th, 50 fly (50.34)  
Linda Hubbuch  
5th, 100 free (1:26.21)  
9th, 200 free (3:12.77)  
6th, 500 free (8:34.16)  
5th, 50 back (45.61)  
4th, 100 back (1:35.84)  
4th, 200 back (3:23.35)  
Jodi Rowatt  
22nd, 50 free (52.28)  
13th, 50 breast (1:00.32)  
13th, 100 breast (2:08.01)  
3rd, 200 breast (4:28.59)  
**Women 70-74**  
Kathleen York  
20th, 50 free (56.53)  
20th, 100 free (2:07.74)  
23rd, 200 free (4:59.03)  
24th, 50 back (1:10.25)  
**Women 75-79**  
Mary Jane Mullins  
3rd, 50 back (50.46)  
1st, 100 back (1:44.76)  
1st, 200 back (3:51.89)  
1st, 100 fly (2:10.93)  
2nd, 100 IM (1:53.45)  
1st, 200 IM (4:22.99)  
**Women 95-99**  
Dorothy Riordan  
1st, 50 free (1:32.00)  
1st, 50 back (1:46.33)  
1st, 100 back (3:59.31)  
1st, 100 free (3:58.27)  
1st, 200 free (8:36.15)  
**Men 50-54**  
Charles Frank  
13th, 100 free (1:07.44)

## Senior Games results (continued)

10th, 200 free (2:31.42)  
6th, 500 free (7:01.96)

Jim Grubbs

1st, 200 free (2:03.62)  
3rd, 500 free (5:51.37)  
3rd, 100 fly (1:02.68)  
3rd, 200 IM (2:25.51)

Jim Keller

6th, 50 free (25.93)  
5th, 100 free (58.05)  
6th, 200 free (2:13.79)  
4th, 50 breast (33.64)  
2nd, 100 breast (1:15.79)

Men 55-59

Frank Diebold

19th, 100 free (1:14.66)  
16th, 200 free (2:49.12)  
9th, 50 back (41.90)  
9th, 200 back (3:20.09)  
21st, 100 breast (1:38.37)  
17th, 200 breast (3:35.67)

Larry Hunt

7th, 50 breast (35.10)  
7th, 100 breast (1:18.63)  
6th, 200 breast (2:59.69)  
3rd, 100 fly (1:17.11)  
8th, 100 IM (1:15.64)  
8th, 200 IM (2:50.71)

Bill Tingley

7th, 200 free (2:09.52)  
4th, 500 free (6:01.30)  
1st, 50 back (29.28)  
1st, 100 back (1:02.46)  
1st, 200 back (2:18.29)

Men 60-64

Stan Bearden

23rd, 100 free (1:28.39)  
19th, 200 free (3:16.99)  
19th, 500 free (8:48.35)

Dave Burgio

14th, 50 back (50.36)  
11th, 100 back (1:45.77)  
13th, 200 back (3:44.71)  
21st, 50 fly (43.10)  
18th, 100 fly (1:49.52)

George Dodge

16th, 200 free (2:43.35)  
12th, 100 breast (1:27.78)

Tom Finnegan

18th, 50 free (29.96)  
3rd, 50 back (32.01)  
4th, 100 back (1:10.79)  
3rd, 200 back (2:40.06)

Initially, all USMS-registered swimmers who provide an email address on their registration form will be on the email list. Recipients will be allowed to opt out at any time after they begin receiving emails.

**Mark Gill.** The 2007 USMS convention in Anaheim, Calif., was a busy, yet productive week for Masters swimming. I was reelected to a second term as vice president of member services. In this role I have been involved with several exciting projects this past year. Since my last report, we have hired our first executive director, Todd Smith. Todd has significant experience in working with aquatic sports and will be a real asset to Masters swimming. I have been meeting with Todd regularly as he has started to take the reins on a number of responsibilities within USMS.

A second project that I have been involved in is online membership registration. Last week, we announced the hiring of Club Assistant as our provider of online registration. We are working with them now to establish the requirements of the system and hope to begin beta testing before the end of October. It is expected that you will be able to register online during 2008.

In June, the Board of Directors met for a three-day retreat in Chicago. Over the weekend, we laid the groundwork

for our strategic plan, something we sorely needed. During this convention, we discussed the top priorities in this plan: branding of USMS, greater focus on service to our members and development of our LMSCs and clubs. Our strategic plan will guide the work of our committees over the next year.

During convention, there were a number of workshops offered. I joined with Doug Adamovich, chair of the Arizona LMSC, to present the communications workshop. At future conventions, we plan to offer more workshops, which will help delegates bring back greater value to their LMSCs.

This past year, I worked with the following committees: Championship, Communications, History and Archives and Recognition and Awards. With the reorganization brought about by our strategic plan, in the upcoming year, I will be working with the Communications, International, Marketing and Publications Management Committees.

In 2008, Swim Louisville Masters will be the host of the USMS 3000/6000 Postal Championship.

I also had the privilege of serving as the master of ceremonies for the International Masters Swimming Hall of Fame induction ceremony, which was held in conjunction with our

convention. This was a fun night as nine Masters athletes were inducted, including Ron Johnson, who I coached with in Arizona, and Karlyn Pipes-Neilson, who conducted the Masters swim clinic at the University of Louisville last year.

Thank you for the opportunity to represent Kentucky on the national level. I look forward to two more years of service.

**Mike Lemke.** The Great Lakes Zone includes Allegheny Mountain, Indiana, Illinois, Kentucky, Lake Erie, Ohio, Michigan and Wisconsin. I was reelected as chair. Four Great Lakes Zone Masters were given the Dorothy Donnelly Service Award: Nadine Day, Mark Gill, Phil Dodson and Joe Majeira. Past award winners from our zone include Meg Smath and Joanne Tingley. The rule book cover was by a Great Lakes swimmer, Raena Latina. Congratulations to all!

Dave Oplinger of Indiana has offered to be the webmaster for our website: greatlakeszone.com. Visit our website to keep up with zone activities and meets.

**Tom Mester: "Serve the Swimmer."**

Coaches Committee Chair Mo Chambers led a **Coaches Roundtable**. This was a brainstorming session where Mo would provide a topic and then encourage audience participation. It is comfort-

ing to hear other coaches with the same situations, good and bad, and how they deal with them. Discussions included training techniques, lane usage and adapting to multiple skill levels, and encouragement of the triathlete population.

Much of the **History and Archives Committee's** work now involves converting historical documents, member lists, meet results, articles, etc., into digital archives. Considering how long Masters swimming has been in existence, this committee's work will be ongoing. They ask that all LMSCs preserve all important documents and other articles. H&A also provides articles for the "Splashback" section of *USMS SWIMMER*.

The biggest news from the **Coaches Committee** is to offer the opportunity for Masters coaches to shadow a mentor coach at the mentor's own facility. While the original mentoring program (a facility hosting the mentor) is still available, its popularity has declined. This might be a good opportunity for any coach, especially those with new and growing teams. This program ties in nicely with the Club Development initiative. Might be a good use of LMSC money. Improved communication and national and international meet on-deck coaching were also hot topics.

—Continued on page 5

Pool measurement and verification is still a big issue for the **Records and Tabulation Committee**. Discussion of when, how and how often to measure was heated. R&T strongly suggests that facilities record their measurements and have those available as needed. Obviously this directly affects Top 10 and other record-keeping, which is the primary R&T function.

Another workshop, **“Building a Relationship with Your Aquatic Facility,”** hosted by Jim Wheeler, explained the different relationships between a practice group and the facility management. Of most importance is “selling” your Masters program as a way for your pool to provide a healthy lifestyle for its customers. Just as Louisville (Mayor Jerry) is promoting fitness, so are other cities. Also discussed were the proper steps to take to effect a change, be it water temperature, practice times, etc. Have a plan, make sure you are offering something of value to the management and start at the bottom of the chain of command.

**The Sports Medicine, Health and Safety Committee** mission is better described as medicine and science. Much of this committee meeting was used to discuss the idea of suggesting an on-site defibrillator at all events, including Convention! Logistics

and liability issues will have to be addressed first.

At the **Coaches Presentation**, a very informative five-coach panel of differing backgrounds discussed their situation, philosophy, structure, team dynamics. The idea of having a succession plan in place is probably the most common item to all of them. So many teams are “coach led” and not “member led.” It is important to have a plan in place if the coach leaves.

In the **House of Delegates**, I thought it was ironic that the two items of much discussion were ideas limiting our ability to “Serve the Swimmer,” the theme of this convention. The first proposal would forbid holding any Masters event two weeks before or after either national championship. The language of the proposal was watered down to a “suggestion.” The KY-LMSC’s premier summer meet, the Lakeside Invitational, would be directly impacted. We certainly serve more swimmers with the Lakeside meet. The second proposal was an LMSC boundary issue, which I believe should not have been before the House of Delegates. The parties involved, the two LMSCs and bordering counties, need to work out their issues and inform the National Office of the resolution. The HOD should not be setting LMSC boundaries. Meanwhile, the

swimmers in the dispute are not being very well served.

Many thanks to Susan Ehringer for shuttling us to and from the practice facility for **morning workouts**. These sessions were the best coached practices that I have ever attended at convention. And what a facility!! Two 50 meter x 25 yard competition pools and another that looked to be 25 meters x 25 yards, all outdoors and all together. Now that is “Serving the Swimmer.”

**Robin Segnitz**. In accordance with the strategic plan developed by the USMS Board of Directors, and in an effort to better serve the USMS membership, changes have been recommended for the **Long Distance Committee**. Leo Letendre, Vice President of National Operations, explained the merits of separating the long distance postal events from the Long Distance Committee, changing the name of the committee to the Open Water Committee, and shifting the postal swims to the pool Championship Committee. These changes will allow the Long Distance Committee to focus its efforts on increasing participation in the open water championships.

Dick Sidner announced that Morris Reservoir in Noblesville, Ind., has been chosen for the first ever USMS 25K open water event. The race date is tentatively

set for July 19, 2008. The course is a 5K loop, which will allow for races of shorter distances to be held simultaneously. In addition, five-person relay teams, each person swimming a 5K loop, will be an option.

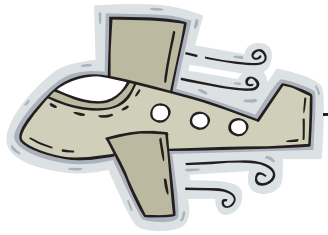
The **Championship Committee** presented bids for the 2009 Short Course and Long Course National Championships to the House of Delegates. Clovis, Calif., was awarded Short Course Nationals and YMCA Indy SwimFit was awarded Long Course Nationals. In addition, Clovis will be hosting the 1 Mile Long Distance Championship on the Monday following the national meet. It is an objective of the committee to coordinate long distance championship events with pool nationals, if that is possible for the meet host.

With the new strategic plan in place, the Championship Committee has been asked to take over the pool postal championships. Those events would include the One Hour, 5 and 10K, and 3000/6000 Yards postal championships. The Championship Committee has asked USMS President Rob Copeland to appoint a task force with representatives from the Long Distance (Open Water), Championship, Fitness, Rules and Legislation Committees to determine where the postal championships belong and how to best admin-

## Senior Games results (continued)

John Graham  
10th, 200 free (2:26.62)  
9th, 500 free (6:44.15)  
7th, 100 fly (1:13.90)  
9th, 200 IM (2:53.82)  
Denny Hamilton  
7th, 50 free (27.07)  
6th, 100 free (59.44)  
8th, 500 free (6:40.77)  
3rd, 50 fly (29.22)  
5th, 100 fly (1:12.07)  
Steve Hellmann  
8th, 50 back (34.88)  
6th, 100 back (1:16.29)  
6th, 200 back (2:47.66)  
13th, 50 fly (33.21)  
11th, 100 fly (1:17.99)  
15th, 100 IM (1:16.12)  
Glenn Hubbuch  
20th, 50 free (30.51)  
15th, 50 fly (33.62)  
Bill Sturm  
16th, 500 free (7:40.82)  
18th, 50 breast (41.25)  
18th, 100 breast (1:32.89)  
14th, 200 breast (3:28.88)  
19th, 50 fly (39.11)  
14th, 100 fly (1:32.23)  
Ted Wathen  
11th, 200 free (2:26.93)  
13th, 500 free (7:04.04)  
8th, 200 IM (2:52.43)  
**Men 65-69**  
Woody Axton  
12th, 50 free (35.56)  
14th, 100 free (1:24.77)  
16th, 200 free (3:16.75)  
15th, 500 free (8:33.25)  
Ralph Johanson  
4th, 50 breast (38.45)  
4th, 100 breast (1:26.39)  
6th, 200 breast (3:19.46)  
Marty O'Toole  
14th, 50 free (35.87)  
7th, 50 breast (43.95)  
**Men 80-84**  
Matt Flanagan  
11th, 50 free (42.62)  
4th, 50 back (49.37)  
3rd, 50 breast (50.79)  
1st, 50 fly (51.31)  
2nd, 100 IM (1:53.61)

—Continued on page 6



## SKY Writings

### SKY Results from Ironman Louisville

Our highest finisher was Jonathan Feddock, in 90th place, with a final time of 10:35:26 (swim 1:01:20). Also finishing were Charles Francke, 197th (11:20:43; swim 1:11:37), Eric Winke, 510th (12:34:07; swim: 1:21:57), Rodney Wesley, 696th (13:00:36; swim: 1:25:33), Patrick Schmidt, 748th (13:10:22; swim: 1:14:44), John Willis, 799th (13:18:50; swim: 1:21:20), John Taylor, 1318th (15:11:00; swim: 1:21:01), and Scott Sharp, 1530th (16:37:06; swim: 1:22:47). Robbie Allen was 566th overall (12:42:52), but was the fastest swimmer of anyone on the course, including the pros, with a time of 45:08! Shannon Florea was our highest placing woman, in 387th place, with a final time of 12:04:29 (swim 1:08:28), followed by Saori Hanaki-Martin, 454th (12:20:16; swim: 1:00:29), and Molly Wilson, 1520th (16:30:08; swim: 1:02:23).

**Triathletes and Kentucky Masters Swimming:** Twelve SKY swimmers completed the inaugural Ford Ironman Louisville Triathlon on August 26.

Swim Louisville Masters provided over 90 volunteers to work aid stations at the swim finish and bike-to-run transition. They also provided volunteers for the Gatorade Practice Swims on Friday and Saturday. Ann Skerkoski was volunteer coordinator for Body Marking and Mark Gill was the Swim Director.

—Mark Gill

**Lakeside Masters:** Team member Dorothy

ister the tasks involved in the transition.

The meet hosts for the 2008 Short Course and Long Course National Championships attended the meeting and gave updates on the preparations for hosting the events. The Championship Committee approved meet logos and medal designs for both national championships. National qualifying times were approved for the 2008 Short Course Nationals.

The meet host of the 2008 Short Course

Riordan, age 95, has been nominated for the **Michelob Ultra Geezer Jock of the Year**. The award program is in its third year and is designed to celebrate the best 40-and-over athletes in the world. See Dorothy's nomination in the September issue of *Geezer-jock* magazine.

Louisville hosted its **inaugural Ford Ironman** this past August. Lakeside's own Robbie Allen (40-44) posted the fastest swimming time for the 2.4 mile swim. Other Lakesiders who competed included Margaret Duncan (45-49), John Willis (50-54), Kim Cleary (30-34), and

Tom Grant (55-59). We are proud of all of you!

**Congratulations to team members ...** Mike Higgs, class of 1979, on his earning Hall of Fame recognition at Louisville's St. Xavier High School ... Mitch Wagner on his award-winning wine earned at the 2007 Kentucky State Fair ... Marilyn Blaske-Hull on the birth of her granddaughter, Addison Riley Vieth on July 20.

**Thinking of you ...** Bob Lyons, Joyce Voit, Dorothy Riordan, with their medical concerns; to Pam Luebbe and the speedy recover of her mother's illness; and sympathy to Lisa Stearns

and Charles Frank for the loss of a parent.

—Mary Graves

**Wildcat Masters:** Congratulations to our coach, Susan Bradley-Cox, for having the Tri for Sight Triathlon named for her at this year's event in September! Entry fees for this triathlon raise money for eye research at UK Hospital.

We extend our deepest sympathy to John and Ann Grant, who lost their infant son, Jude Patrick.

And congratulations to newlyweds Molly and Eric Winke and Saori and Paul Hanaki-Martin.

—Meg Smath

—“Convention,” continued from page 5

National Championships in Austin, Tex., requested that the warm-up time be moved back to begin at 7:30 a.m., with the meet beginning at 8:35 a.m., in order to accommodate practice time for the USA swimmers training for the Olympics. This request was approved by the Championship Committee.

**Meg Smath:** Like Mark, I was reelected to office and will serve two more years as secretary of USMS. The convention went by in a blur for me!

I spent the first two days churning out minutes to the Executive Committee, Board of Directors and Endowment Fund meetings. Once we got going in the House of Delegates, I was glued to my computer, taking minutes for those meetings too. So I didn't actually get to go to too many committee meetings. I did make it to the **Editorial Committee Meeting**, of which I am an ex-officio member. This is the group that manages *USMS Swimmer*

magazine, and also the website. Our meeting was devoted to reviewing our mission, objectives and goals, and discussing responsibilities for the coming year. The most earth-shattering news was that our name changed to **Publications Management Committee**.

I also made it to the **Recognition and Awards Committee** meeting, as I had worked on a subcommittee to develop

—Continued on page 7

procedures for putting forward nominations to the International Swimming Hall of Fame. This committee wrestled with a new committee definition, in order to reinvent itself in a more streamlined model.

The **Officials Committee** has developed minimum standards for officiating in LMSCs, and discussed providing officials at the upcoming World Championships in Perth, Australia.

Finally, the **Endowment Fund Board of Governors**, on which Mark and I both sit, awarded only one grant for research this year. That was also the only proposal we received, and we are concerned about the lack of proposals. If anyone out there would like to conduct research or a project that would be of benefit to Masters swimming, contact Mark or me, and we will point you in the right direction!

All of us from Kentucky had a wonderful convention experience in beautiful Southern California, and want our fellow Masters swimmers there to know that they are in our prayers as they struggle with the devastating wildfires that swept the area only a few weeks after we left.

**Bill Tingley. Legislation** is known as the "dry side" of our sport. Changes to the United States Masters Swimming

bylaws and code is the area that is reviewed and change in the odd-numbered years.

This year, the majority of Legislation was rewriting the descriptions of the committees of USMS. Streamlining and reducing the size were the order of the day. After all committee descriptions were rewritten, the **Planning Committee** was eliminated and its responsibilities were transferred to the Board of Directors.

There were a number of changes to the recognition and sanctioning section of the code. The first is the ability of an event to be sanctioned if the facility does not meet the dimensional tolerance for required pool length. This fact must be stated in the meet information. This way, a swimmer will know before he or she enters, that his or her times will not count for records or Top 10. The second change is that all swims done outside of USMS jurisdiction will count for USMS records and Top 10 if the meet is sanctioned by a FINA member federation. Third is a definition of which "relevant USMS rules and administrative regulations" are to be used in granting a recognized event, such as the National Senior Games.

It is now mandatory that any funds of a club or team may not be in

the same account as an LMSC's funds.

A great deal of discussion and amending surrounded changes for when LMSC and zone championship meets may be held. When the dust settled, it is recommended, but not required, that these championships not be held the weekend before through the weekend after the USMS national championships.

There was an attempt to change the scoring and team makeup at the USMS national championships; however, the House of Delegates voted down any change this year. The Championship Committee submitted a change to the **Rules Committee** that would eliminate all team scoring, but that was deemed a nonemergency and was not considered. We should see the issue again next year.

**Michelle Ward.** The purpose of the **International Committee** of USMS is to provide communication with Masters swimmers throughout the world, facilitate USMS members' participation in international events and encourage participation of foreign Masters swimmers in USMS events. The committee decided that USMS will provide funding for registration fees and hotel accommodations at 2008 convention for two international guests from member national governing bodies in the

Americas. At the 2008 FINA Masters Technical Committee meeting in April 2008, committee member Nancy Rideout will seek clarification of the FINA policy regarding what constitutes affiliate relationship to FINA, specifically if an affiliate membership with USMS by non-FINA members such as IGLA is established. The 2nd annual ASUA/UANA Pan American Masters Championships were held in Puerto Rico (8/31-9/3/07) and it was reported to be a very successful, fun competition.

The **Fitness Committee** has changed its name to the Fitness and Education Committee. Four fitness events were reviewed:

1. Check Off Challenge: Noblesville (NASTI) will host in 2008.
2. 30-Minute Swim: Due to a lack of participation over the past several years, continuation of the 30-Minute Swim will be reevaluated. Pacific Northwest Aquatics has offered to host and to promote the event as a warm-up to the One Hour Postal Swim should the committee decide to move forward with the event.
3. Virtual Swim Series: The link will be removed from the Fitness page at usms.org. A new link to the log sheets used will be created.
4. Go the Distance: Mary Sweat reported that

—Continued on page 8

## What is the TYR Masters Grand Prix Series?

The idea behind the Grand Prix Series is to create several interconnected meets that support each other. By working together, we hope to create a more competitive environment in our short course meters meets. The goal is to grow participation in each of the three meets to over 200 swimmers. We believe the finale will be a meet of 300 swimmers. All of the meets are located in cities close to each other and are all served by Southwest Airlines. Each facility is a fast pool with eight or nine competition lanes plus additional warm-up lanes that are available during the meet. Each event is two days to allow you to swim more events. Swimmers will earn points in each meet that will determine the series age-group winner. Winners will receive the new TYR Transition Bag (\$64 value).

The meets are:  
Indianapolis, Ind., October 27-28  
Louisville, Ky., November 10-11  
Chicago, Ill, December 1-2

For more information, visit [www.TYRgrandprix.com](http://www.TYRgrandprix.com).

## Kentucky Waves

Published spring/summer and fall/winter by the Kentucky Local Masters Swimming Committee. William Tingley, chair; Mike Lemke, vice chair; Robin Segnitz, secretary; Melinda Schmitt, treasurer; Susan Ehringer and Pam Luebbe, registrars.

Submit material for spring/summer issue by May 15; for fall/winter issue by September 15 to:

*Kentucky Waves*  
2107 Eastview Ave.  
Louisville, KY 40205  
Tel: 502 454 3029  
jgting78@bellsouth.net

Editor: Joanne Tingley  
Designer: Meg Smath  
Printer: Sam Blythe at  
WesterfieldBonte Co.

to date 350 swimmers have participated. This free program tracks mileage and recognizes milestones; the program will continue in 2008. Look for the patches and caps available for purchase at a nominal fee on the Go the Distance link.

The committee is open to suggestions regarding fitness, such as potential topics for articles for the magazine or website. Please email Michelle Ward with your

—*"Convention," continued from page 7*

ideas and suggestions: oneness@insightbb.com.

I attended the **Communications Workshop** led by Mark Gill and Doug Adamavich. We discussed the purpose, benefits, costs and time involved in creating and maintaining a webpage. A webpage example worth checking out is [www.azlmsc.org](http://www.azlmsc.org). We discussed three advertising agencies that could cover the costs of the webpage through advertisements: AdWords, adCenter and Amazon. Club Assistant is a company that sets up webpages (as well as managing team dues) for a monthly fee. "Contribute" is a content management system. Illinois uses

Contribute to manage their webpage. The Illinois LMSC webpage also has a discussion forum in which swimmers discuss important issues, concerns, etc. The purpose of a blog is to communicate time-sensitive information, to post short articles and to link to other web resources. A good blog example to check out is [www.azlmsc.blogspot.com](http://www.azlmsc.blogspot.com). When using email to communicate to groups, please remember privacy issues and use the blind carbon-copy method. Newsletters can be cost-effective (for electronic distribution). There is a time factor; however, once a good template

is established, the time factor diminishes. It is important to develop a good layout for your newsletter and to create a PDF version of the document. Another communication vehicle is the use of an information hotline—costs are around \$10 to \$50 per month. A good example of an information hotline to check out is 480-365-0037. There are also search engine groups such as [sports.groups.yahoo.com/group/arizonamastersswimming](http://sports.groups.yahoo.com/group/arizonamastersswimming), which can be set up by your local LMSC. Lastly, there are social network groups such as [groups.myspace.com/olympic-swimmerhelp](http://groups.myspace.com/olympic-swimmerhelp), which can be used as a good communication tool. 