

Swimming in Seattle!

By Meg Smath

Kentucky LMSC

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Thomas Mellows, MTMS

Tom Mester, SLM

Gail O'Malley, WILD

Mark Rogers, WKGG

Meg Smath, WILD

Joanne Tingley, LAKE

Michelle Ward, SLM

Seven Swim Kentucky Masters headed to the Great Northwest for Short Course Nationals, May 17-20 in Federal Way, Wash. (a suburb of Seattle). A great time was had by all, and I'm happy to report that all seven of us came home with some hardware!

The women scored 68 points and finished 37th out of 101 teams. The men scored 34 points and finished 70th out of 117 teams. Combined, we scored 102 points and finished 54th out of 142 teams.

We had some excellent individual and relay swims (see boxes at right and on page 3 for complete results). Record-breaking swims were turned in by Cindy Ciampa, Ann Skerkoski and James Auxier. Cindy,

who was recovering from mononucleosis, broke the Kentucky LMSC record for the women's 45-49 400 IM. Ann broke LMSC records for the women's 18-24 1000 and 500 freestyles. And James broke the LMSC record for the men's 25-29 200 back.

Probably the most unexpected result was our women's 18+ free relay placing 10th. With a 50-year-old, a 47-year-old, a 39-year-old and a 24-year-old, we did not expect to place, but were thrilled with the outcome!

I had the opportunity to meet USMS's new executive director while at the meet. Todd Smith previously served in the same capacity with USA Diving for 25 years, and will be a real asset to

our organization. We'll be looking to him to provide guidance in our strategic planning process, and help us bring even more swimmers into our USMS family.

Long Course Nationals will be at The Woodlands, Tex., August 10-13. The Woodlands is a suburb of Houston, and not so far away by plane from Kentucky. Mark Gill has reserved a block of rooms at the Fairfield Inn for \$79/night. If you'd like to attend, let Mark know you'll need a room by emailing him at markgill@usms.org. If you've been to a national championship before, you know how much fun it is. If you haven't been before, there's no time like the present! Come join us! 🏊

SKY Nationals Individual Results

Ann Skerkoski (18-24):
14th 50 free, 27.46
9th 100 free, 57.83
4th 200 free, 2:05.17
3rd 500 free, 5:33.89
1st 1000 free, 11:31.89
13th 100 IM, 1:08.50

Robin Segnitz (35-39):
17th 200 free, 2:26.78
12th 500 free, 6:39.51
5th 1000 free, 13:14.27

Cindy Ciampa (45-49):
7th 500 free, 5:54.49
5th 1000 free, 12:13.83
6th 200 back, 2:35.96
8th 100 fly, 1:10.28
5th 200 fly, 2:34.07
5th 400 IM, 5:21.92

Meg Smath (50-54):
9th 1000 free, 16:12.85
17th 50 breast, 43.62
14th 100 breast, 1:35.84
12th 200 breast, 3:29.85
23rd 100 IM, 1:31.71

James Auxier (25-29):
14th 100 free, 50.10
9th 200 free, 1:49.80
3rd 1000 free, 1:43.07
2nd 100 back, 56.06
4th 200 back, 2:01.08

CJ Rushman (35-39):
26th 200 free, 1:58.73
6th 1000 free, 11:26.33
14th 50 breast, 31.39
10th 400 IM 5:01.91

Mark Gill (35-39):
12th 50 free, 23.22
24th 100 free, 52.40
28th 200 free, 2:00.17
9th 100 back, 1:01.78
11th 50 fly, 25.33
12th 100 fly, 57.88

See page 3 for relay results



Ann Skerkoski (third from bottom) diving in for one of her races. Photo by James Auxier.

Kentucky Waves

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Summer Swim Meet Schedule

- **SwimLouisville Invitational (LCM)**
June 16–17, 2007,
Mary T. Meagher
Aquatic Center (see
insert)
- **National Senior Games* (SCY)**
June 27–29 (65+)
and June 30–July 2
(50–64), University
of Louisville Ralph
Wright Natatorium
*Competitors must
have qualified in
2006 Kentucky
Senior Games Quali-
fying Meet
- **Kentucky LMSC Mini-Meet (LCM)**
July 8, 2007,
Lakeside Swim Club
- **31st annual Lakeside Invitational (LCM)**
August 4–5, 2007,
Lakeside Swim Club,
Louisville (see insert)
- **USMS National Championships (LCM)**
August 10–13, 2007,
The Woodlands,
Texas



Janice Kregor was prepared for the ice and snow that never came on the day of the Barbara Stevens Invitational in January. Photo by Susan Ehringer.

Highlights of the KY-LMSC Meeting, March 25, 2007

The first KY-LMSC meeting of 2007 was held following the Wildcat Invitational at Lancaster Aquatic Center in Lexington.

Treasurer Melinda Schmitt presented a net worth report as of March 25, 2007, of \$21,325.49. Net income according to the 2006 financial was \$2,806. This report will be sent to the National Office of USMS.

The motion to upgrade computer software in the 2007 budget was passed. Also, the transportation budget for the USMS 2007 convention in Anaheim, Calif., will be increased. The motion to approve the 2007 budget report was passed.

Next was the election of officers for 2007–09. All current

officers agreed to run for reelection. The motions to close nominations and to unanimously reelect the slate passed. The total number of delegates eligible for the KY-LMSC is 22. The next meeting of the LMSC will be held in November. Notification to team delegates will be emailed two weeks in advance.

Kentucky swimmers are very active at the national level, so you will have excellent representation at the USMS convention in September. Here are your automatic delegates (i.e., ones who are appointed to certain committees or are elected national officers: Mark Gill—Vice President of Member Services, Meg Smath—Secretary, Bill Tingley—Rules Committee, Dave Burgio—

Finance Committee, Susan Ehringer—Rule Book Coordinator, Mike Lemke—Great Lakes Zone Representative. In addition, two delegates, Tom Mester and Pam Luebbe, were appointed by Chair Bill Tingley as the LMSC's regular delegates. Please contact any one of these delegates with your ideas for Masters swimming.

Bob Adams, Top 10 Chair, passed out reports to the delegates. The All-American lists may be found at www.usms.org. These individual Kentucky swimmers were named as All-American (fastest time in an individual event): Leslie Weeter, Dorothy Rioridan, Philip Lubbenusen, David Moisan, David Kuendig, Jose Manuel Nieto and Craig Picker-

ing. Those on All-American SKY relays are Tracy Elton, William Tingley, John Graham, Tom Finnegan, Vicki Catlin, Anne Huntington, Lynn Olson, Tita Arnold, Jose Manuel Nieto, Sarah Beltrame, Aimee Boyd, Jerrod Kappler, Dale Mercker, Nathan Knopt, Simon Davies, Philip Lubbenusen, Joyce Voit, Frances Jones and Bobbi Quesenberry.

The Kentucky LMSC has budgeted for each SKY team to have a rule book. Contact Pam Luebbe at luy2swim4497@msn.com if your team has not yet received theirs.

You will find the complete minutes of this KY-LMSC meeting on our website: www.kylmsc.org.

Know Your SKY Teams



Ashland YMCA Masters (AYMS), Ashland – Cork Haberek, cthaberek@windstream.net
 Baptist East Swim Team (BEST), Louisville – Mary Duke Connell, mdconnell@baptistmilestone.com
 Eagle Masters Swimming (EMS), Morehead – Trenton Stover, stover47@charter.net
 Lake Cumberland Masters Swimming (LCMS), Lake Cumberland – Joe Mounce, jomounce@yahoo.com
 Lakeside Masters (LAKE), Louisville – Mary Graves, mtgraves@lakesideswim.com
 Merciless Tuna Masters Swimming (MTMS), Georgetown – Thomas Mellows, christseeyoure@gmail.com
 Northern Kentucky Masters (NKYM), Erlanger – April Crosthwaite, acrosthwaite@go2silverlake.com
 Northern Kentucky University (NORS), Highland Heights – Haley North, northh@nky.edu
 Riverside Aquatic Club Masters (RACM), New Albany, Ind. – Kathy Collings, kcollings1@sbcglobal.net
 Swim Louisville Masters (SLM), Louisville – Tom Mester, coachtom@insightbb.com
 Wildcat Masters (WILD), Lexington – Susan Bradley-Cox, susanbcox@aol.com
 Western Kentucky Green Gators (WKG), Bowling Green – Randy Hansbrough, jrhans@insightbb.com

Welcome to the three new teams in 2007: Merciless Tuna in Georgetown, Northern Kentucky University in Highland Heights and Riverside in New Albany, Ind. See you at Kentucky meets—go to www.kylmsc.org for meet information!

Where Is He Now?

By Tom Mester

Of course I'm speaking of Dan Behr. Those of you who have been around Kentucky Masters Swimming for a while surely remember Dan. He is a hard person to forget! In fact, his last name could have easily been spelled "Bear," considering his demeanor and love of the outdoors. As an example, ask Jim Grubbs about the annual Wild Beast Feast.

Well Dan has settled (as much as he can) in Bozeman, Mont. He

is semi-retired and has just become a first-time grandfather. But what I am here to write about is his renewed interest in swimming.

Dan's aquatic background included swimming for Army with Coach Don Gambrill. His second choice was Vietnam. Good choice there. After a number of years he arrived in Louisville looking for a Masters team to keep in some kind of

shape. Don't we all! He promptly set some backstroke (his specialty) records. Dan was one of those "in the water" leaders that helped build what was Crescent Hill Masters, which is now Swim Louisville Masters. When the company Dan worked for was sold, he was off to be near his kids in Montana.

During his years there he has dedicated himself to training again,

and now holds the state record for every individual SCY event in the men's 60-64 age group. Now you might ask yourself: Montana has water? I'm here to testify it is no fluke. I found out by having to swim next to him in the 400 IM at last year's Short Course Nationals. It was humbling and inspiring.

Keep swimming, Dan. 🏊‍♂️



Swim Louisville's Mark Gill swims the 200 breaststroke at the Cardinal Invitational in February, a feat not previously attempted. Mark was paying off a bet he lost to Wildcat's Meg Smath over the outcome of the UK-U of L swim meet. Photo by Susan Ehringer.

SKY Nationals Relay Results

10th women's 18+ free relay (Cindy Ciampa, Meg Smath, Robin Segnitz, Ann Skerkoski), 2:03.92

14th women's 18+ medley relay (Robin Segnitz, Meg Smath, Cindy Ciampa, Ann Skerkoski), 2:21.85

11th mixed 18+ free relay (Mark Gill, Robin Segnitz, Ann Skerkoski, James Auxier), 1:44.58

14th mixed 18+ medley relay (James Auxier, CJ Rushman, Ann Skerkoski, Robin Segnitz), 1:58.91

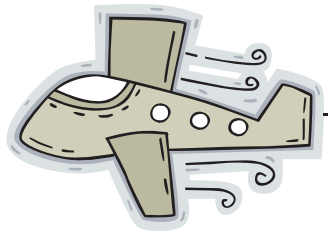


The SKY women's medley relay. That's Cindy Ciampa diving in from lane 7 to swim the fly leg as Meg Smath finishes the breaststroke leg. Freestyler Ann Skerkoski is cheering her teammates on at the side of the block. Robin Segnitz had already climbed out of the pool after her backstroke leg. Photo by James Auxier.

Kentucky by the Numbers

- 45 SKY members live outside Kentucky
- 11 members are independent (not team-affiliated)
- 3 members are unattached (not a member of SKY)
- 198-member Wildcat Masters in Lexington is the largest team
- 4 teams in the Louisville area total 178 members: Baptist East, Lakeside, Riverside Aquatic and Swim Louisville
- 36 WKGK members live in Bowling Green
- 96 new members registered in 2007
- 40-44 is the largest age group
- 4 members are over the age of 80 (Joanne Tingley, Matthew Flanagan, Gary Weisenthal, Dorothy Riordan)
- 4 is the minimum for forming a team: Eagle Masters, Lake Cumberland, Northern Kentucky and Northern Kentucky University are looking for enough members to make a team

Reminders from your registrars: SKY T-shirts and caps can be purchased from Pam Luebbe, Luv2swim4497@msn.com. Contact Susan Ehringer (kyregistrar@usms.org) for individual address and email changes and Pam for team updates.



SKY Writings

Definitions

SKY (Swim Kentucky) is the Masters club you belong to. SKY is registered with United States Masters Swimming Inc.

The group you work out with is your *team*. The team is registered with the Kentucky Local Masters Swimming Committee, a division of USMS Inc.

When you complete a meet entry form for meets held in Kentucky, you need identify yourself by club and team.

Swimmers registered as SKY-Independent are not affiliated with a team, but are members of SKY.

Swimmers registered as unattached are not affiliated with any club or team.

It is the policy of Kentucky Masters Swimming that all Kentucky sanctioned meets will be scored by team.

When your times are sent for USMS national records and Top 10, your affiliation is listed as SKY, and not your local team. If you are an unattached swimmer, your affiliation will be listed as unattached.

How to Read Your ID Number

The first two digits indicate Kentucky: 41

The third digit is the last digit of the year: 7

The fourth digit changes each year.

Following the dash is your permanent ID number. These last digits will follow you wherever you go!

SKY: If you don't already know, the results for the One Hour Postal Championship are now available at www.maverick-swim.org. In fact, I have heard some of you medal winners have already received your awards.

I won't go into every individual swimmer's results, but will mention a few highlights.

The youngest SKY swimmer, male or female, was Casey Welsh at 20. The oldest SKY swimmer, male or female, was a tie at 72 between Roger Brockenbrough and Joseph Wilson.

The "long distance" female was Alexandra Nieto at 34 (4940 yards); "long distance" male was David Kuendig at 26 (5515 yards).

Of the 52 competitors, 25 were female.

Ann Skerkoski and Alexandra Nieto each finished 5th in their age group. David Kuendig was the best finisher among the males with a second in his age group.

SKY, with 205,010 yards, finished fifth overall (of 17 clubs) in the large team category. SKY averaged more yards per swimmer than any of the four clubs ahead of us or the four clubs in the extra large category, at 3942 yards/swimmer.

Relay results:

Women 18+
(1) Ann Skerkoski, Casey Welsh, Alexandra Nieto

Women 25+
(4) Molly Wilson, Leslie Weeter, Saori Hanaki

Women 35+
(8) Robin Segnitz, Marci Casey, Mimi Ward

Men 25+
(2) David Kuendig, Dale Mercker, Robbie Allen

Mixed 25+
(7) Beth Atnip, Tracy Spigelman, Marshall Atnip, Henrik Stewenius

Mixed 45+
(4) Cindy Ciampa, Tricia Calvert, Michael Johann, Ken Calvert

Great swimming all. Let's get even more involved next year.

—Tom Mester

Baptist East Swim Team:

Baptist East was ranked the number 1 wellness center in the nation for aquatic programs and number 1 in Kentucky for aquatic programs by the United States Water Fitness Association. This is based more on aquatic exercise/personal training ... not swim teams. Of course, offering Masters swimming helps with

the overall ranking, even with a small team. Our numbers are growing ... I think we are up to about 20+ swimmers!

—Mary Duke Connell

Merciless Tuna Masters Swimming:

Our team started practice in late February and was composed of swimmers at all different levels of speed and technique. We spent a few weeks focusing strongly on stroke technique. Everyone was very quick to catch on and have shown continuous improvement. Since working on stroke technique the first few weeks, we have started focusing more on building endurance and speed. Everyone is getting much better and I'm seeing very good results in everyone participating. It's exciting to see such consistency and improvement and it opens up many different ways to coach. The future of the program looks bright, as after two months we already have 21 participants. There are also a few who may join in the future. We will be having our first social get-together April 22, which everyone is looking forward to. We have had four of our swimmers compete in meets since the program began: Louise McClung,

in the Wildcat Invitational, swam the 100 free. Avery Adams, Ashley Pope and Zach Dail went to compete in the mini-meet in Louisville, swimming several events and relays.

We have many swimmers who are very consistent in being at practice and are very willing to learn and try new things. That makes the job as a coach a whole lot easier. I look forward to having more swim in meets in the future. A lot of them will be very interested in the open water swims this summer, as there are several triathletes on our team. I definitely have high hopes for the program and look forward to the coming months as swimmers continue to develop.

—Thomas Mellows

Lakeside Masters:

Congratulations to team member Mariam Ballantine and her husband Doug on the birth of their daughter Mary Shae in October. Also to Alice Wright Belknap and Jim Goodwin, who both were published in the Louisville Courier-Journal about their local endeavors.

Wishing speedy recoveries to Pam

—Continued on page 6

What's a Mini-Meet?

By Tom Mester

The Kentucky LMSC started offering mini-meets a number of years ago to afford Masters swimmers in Kentucky an avenue (or should I say lane) to compete against each other on a regional basis. These mini-meets are made up of five to ten events each, in all courses, including 50s, 100s, 200s and relays. Mini-meets are open only to swimmers currently registered with the Kentucky LMSC. The events are sanctioned and all times are official and may count

toward LMSC and national records, and in meters courses, also toward international records.

These meets allow Masters swimmers in Kentucky an opportunity to compete against others in the state without traveling too far from their home base. The idea is that the various facilities around the Commonwealth organize the same events on or near the same date and electronically merge results. For those new to,

or returning to, competitive swimming, the events give a taste of a meet situation without spending much time or money. It also allows an individual swimmer the chance to swim in an off event.

Of all the events offered, the relays are the most fun and can afford the greatest reward. The relay events chosen are relays very seldom a part of a large meet format, giving the SKY relay members a great opportunity to achieve Top 10

status. Remember, any four members of SKY (same gender or mixed), regardless of team affiliation, can form a relay in any mini-meet offered.

If your facility can host a mini-meet of any course (25 yards, 25 meters, 50 meters), please consider hosting for your region. If not, find the closest hosting facility and go swim!

For additional information, contact Tom Mester, Mini-Meet Chair, at (800) 876-8768 or coachtom@insightbb.com. 📧

Kentucky Masters Help with SEC Championships

By Meg Smath

Lancaster Aquatic Center was the place to be in February when the University of Kentucky hosted the 2007 Southeastern Conference Swimming and Diving Championships. Several Kentucky Masters swim-

mers had ringside seats to watch some very fit swimmers, including past and future Olympians, turn in stupendously fast swims. Auburn University won both the men's and women's titles, but

for those of us with Kentucky connections, the highlight of the meet was the UK women winning the 200 free relay, the school's first-ever relay championship.

Kentucky Masters were stroke and turn

judges, timers, award presenters, basket-carriers and marshals and did just about anything else anyone asked them to do! 📧



Meg Smath, Dave Burgio and Sarajane Doty intently watching relay takeoffs at the SEC championships. In the background are timers Clifton and Jen Cox. Bob Walker (not pictured) was also an official. UK Aquatics Director Tish Hollingsworth-Gray and Lancaster Aquatic Center Pool Manager Eric Atnip kept everything running. Photo courtesy of Tish Hollingsworth-Gray.

National Senior Games

Swimming
June 30–July 2, 2007,
Ralph Wright Natatorium,
University of Louisville
Louisville, Ky.
Contact Bill Tingley
btingley@insightbb.com
Contact to volunteer:
www.louisvilleky.gov
Metro Parks
Phone: (502) 456-8186

Error in LC Nationals Entry Form

Please note that the ZIP code for mailing the entry form for LC Nationals (published in the May/June issue of *USMS Swimmer*) is incorrect. It should be 03053 (not 03059, which, according to the USPS website “could not be found”).

A corrected version will be posted on the USMS website.

We want to be sure that all paper entries arrive safely at the correct address—8 Rockwood Lane, Londonderry, NH 03053!

Note that this error is irrelevant if you enter online.

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.

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—*"SKY Writings, continued*
from page 4

Luebbe, Stan Bearden and Marilyn Blaske-Hull on their winter surgeries.

Welcome new team member Will Grant. Will joins his father Tom as another child and parent family grouping on our team.

Wishing the best to our team members who will be competing in the 2007 National Senior

Games this June and July at the Ralph Wright Natatorium on the campus of the University of Louisville.

Lakeside Swim Club has undergone a renovation this winter. Upon your entry to the club you will see a new pavilion at the front gate, new stair and ramp entrances, as well as new landscaping and seating areas. As in the past, there will be a separate entrance for swim meets. Hope to see you August 4–5 for our 31st annual Lakeside Masters Long Course Invitational Swim Meet.

—Mary Graves 



The "Lovers' Lane" Relay at the Wildcat Invitational: Wally and Alma Ferrier and Tish Hollingsworth-Gray and husband Steve Gray. Photo by Sheila Ferguson.