



Spring/Summer 2003



Triple gold medalist Susan Bradley-Cox congratulates the SKY mixed free relay in Tempe. Left–right: Paul Dassow, Janice Kregor, Susan Bradley-Cox, Meg Smath, Jon Shastid. Photo by Jeannie Dassow.

2003 National Short Course Championships

By Joanne Tingley

Eleven of our SKY members traveled to Tempe, Ariz., for the Nationals in May. It was the first SKY representation at Nationals, and it was a positive experience for everyone. To quote

10th, 100 IM, 1:03.29. Molly Wilson, 3rd, 1650 free, 21:11.50.

40-44 women: Mimi Ward, 4th, 1650 free, 21:44.13.

65-69 women: Susan Bradley-Cox, 3rd, 50 free, 34.26; 4th, 100 free, 1:17.86; 1st, 200 free, 2:45.35; 1st, 500 free, 7:32.51; 1st, 1650 free, 25:49.73; 2nd, 200 IM, 3:27.35.

40-44 men: Paul Dassow, 8th, 50 back, 26.51.

55-59 men: Jon Shastid, 4th, 50 free, 24.36; 5th, 100 free, 54.34; 9th, 100 back, 1:08.64; 5th, 50 fly, 26.26; 8th, 100 fly, 1:00.77; 5th, 100 IM, 1:03.02.

The combined score for SKY was 141 points, which placed us 32nd out of 143 in the small team division.

Short Course Nationals will be at IUPUI in Indianapolis in 2004—Let's go SKY! 🏊

Meg Smath, "Even those of us who didn't place in events had big drops in time, and most important, we all had a lot of fun and got to know each other better!"

For a complete account of the meet from Meg, go to www.kylmsc.org/Tempe.htm.

Congratulations to these SKY swimmers, whose times placed them in the top ten at the meet:

25-29 women: Jennifer Clifford, 1st, 50 breast, 30.78; 1st, 100 breast, 1:07.12; 1st, 200 breast, 2:25.00; 8th, 50 fly, 27.91;

"We all had a lot of fun and got to know each other better!"—Meg Smath

Mini-meets—why—where—how

The Kentucky Local Masters Swimming Committee (KY-LMSC) started offering mini-meets a number of years ago to afford Masters swimmers in Kentucky with an avenue (or should I say lane) in which to compete against each other on a regional basis. These mini-meets are made up of two to five events each, in all courses, including 50's, 100's, 200's, and relays. Mini-meets are open only to swimmers currently registered with the KY-LMSC. The events are *sanc-tioned*, and all times are official and may count toward state and national records, and for long course meters, 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, these events give them 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 as a trial for a larger swim meet.

Probably of all the events offered, the relays are the most fun and can afford the greatest reward.

—Continued on page 6

Kentucky LMSC
William Tingley, chair
(btingley@aye.net)
Mike Lemke, vice chair
(mc1@bluegrass.net)
Meg Smath, secretary
(megsmath@bluegrass.net)
Melinda Schmitt,
treasurer
(mels.canes@insightbb.net)
Joanne Tingley, registrar
(jgting@bellsouth.net)
Brad Schmied, records
chair
(bsch@bluegrass.net)
Pam Haeberlin, LAKE
Janice Kregor, WILD
Gail O'Malley, WILD
Tracy Elton, WILD
Dave Burgio, WILD
Tom Mester, CHMS
Susan Ehringer, CHMS
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LOUY
Bob Adams, OMM
Kent Waide, HOPY
David Oyen, EMS
Jane Bryan, FASM
Shane Strait, AYMS

Kentucky Waves
Joanne Tingley, editor
2107 Eastview Ave.
Louisville, KY 40205
Tel: 502 454 3029
jgting@bellsouth.net

Lessons from the Olympic High Altitude Training Camp

By Jon Shastid



The author getting set for the 100 back at Short Course Nationals in Tempe. Photo courtesy of Jon Shastid.

FINA World Masters Swimming Championships

Riccione, Italy, 2004
The Organizing Committee of the X FINA World Masters Championships, with the agreement of FINA, has fixed the prices of hotels. A full range of different options (full board, half board, and bed & breakfast) of all hotel categories (4 through 2 star) has been taken into consideration. For more information, contact: Federazione Italiana Nuoto
Phone +39 06 36200406
finnuoto@tiscalinet.it

In February of 2003, Jon Shastid, from Louisville, attended the Olympic High Altitude Training Camp in Colorado Springs as part of a special USMS program. This outstanding camp is offered to Masters swimmers each February through the combined efforts of U.S. Masters Swimming, USA Swimming, the U.S. Olympic Training Center, and The Victor. It is a rare

opportunity to access the world's most sophisticated resources for assessing parameters of swimming performance. The camp is limited to twelve dedicated Masters swimmers who are committed to advancing their skills and performances. The camp emphasis is on testing and education. Pool time is dedicated to technique improvement, rather than conditioning. This is the first in a series of articles by Jon based on what he learned at the camp. Should you have any questions about the camp, email Jon at jonshastid@bluegrass.net.

Swimmers have differing goals: to get in shape, to stay in shape, to race, to relax. No matter what the purpose, some aspects of the Olympic High Altitude Training Camp apply to all swimmers. This initial article is dedicated to several basic aspects, which the coaches at the camp emphasized as building blocks of all good swimming: *hydration, warm-down, and stretching.*

Hydration: During a workout, drink something (even sips) every 10 to 15 minutes. By the time you feel thirsty, your body is already dehydrated. If you keep the body hydrated, you will swim better and train better. After exercise the body needs ample carbohydrates, and the initial half hour to 2 hours post-workout is critical (after that, the body does not process the food as efficiently). Suggestions: within 20 minutes after a workout, drink Gatorade/PowerAde; within the next 1 to 1½ hours, eat salads, peanut

butter, or fruit.

The importance of warming down (recovery): High lactate levels inhibit muscle contraction and reduce the body's ability to renew its internal energy sources.

A good rule of thumb: warm down for at least 10 minutes. During this period, roughly 70 percent of lactic acid should be processed, versus 10 percent if passive recovery is done. (Note: recovery should be easy ... at the low to middle end of aerobic range.) Active recovery can include swimming, walking, stretching, rotating arms, etc.—i.e., getting the blood circulating via the heart pumping. This gets blood through the organs that process the lactic acid.

The shorter the race distance, the more important the recovery and the longer the time needed. Straight swimming at an easy pace works better than a combination of distances and efforts. For sprinters, this "easy" pace would be roughly 50 percent of maximum

velocity (i.e., if you swim the 50 free in 25 seconds, then swim the 50 recovery at 50 seconds for each 50). For mid-distance, it should be 55 to 60 percent; for distance swimmers, it should be 60 to 65 percent of maximum velocity.

Stretching:

- Stretch *after* swimming (think of chewing gum: a stick of gum can break

when first taken out, but after chewing is flexible; your muscles will also stretch more easily during post-workout, AND the benefits are greater).

- *Don't stretch to pain;* stretching is a *gradual* process; hold stretches gently for 20 to 30 seconds, relax, and then repeat for another time or two.
- When discomfort comes from a workout, stretching is good! Without stretching, the muscles will try to "repair" the micro-tearing "in-place"—i.e., in their contracted state—instead of in the preferred elongated state of post-stretching.

You get faster during recovery! Recovery (post-workout) is when muscle is built (or rebuilt after being broken down during the workout). If you stretch post-workout, your body will build muscle and memory along the "longer" or stretched muscle axis—not the tightened, bunched mass that lactate and overwork have left you with. 🏊‍♂️

"You get faster during recovery!"

From your registrar

At the beginning of the 2003 long course season, Kentucky had 444 registered swimmers in its club, SKY. Within SKY, we have 10 teams in **Louisville**: Lakeside Masters (LAKE), Crescent Hill Masters (CHMS), Louisville Y Masters (LOUY); **Lexington**: Wildcat Masters (WILD); **Bowling Green**: Western KY Green Gators (WKGG); **Owensboro**: Owensboro Marlin Masters (OMM); **Madisonville**: Hopkins County Y Masters (HOPY); **Morehead**: Eagles Masters (EMS); **Frankfort**: Frankfort Area Masters (FASM); and **Ashland**: Ashland Y Masters (AYMS). Each team has at least one delegate to represent the team at Kentucky Local Masters Swimming Committee (LMSC) meetings, which are held twice a year—March and October. The LMSC secretary sends each delegate the meeting announcement with an agenda, two weeks in advance.

More things you should know about the registration process, starting with some definitions:

Club: Swim Kentucky Masters (SKY), the club the Kentucky LMSC has registered with USMS.

Team: A local workout group with an identifiable name that registers with and pays a fee to the KY-LMSC. Each team is a component of SKY.

Unattached: "An unattached competitor is a registered swimmer who represents no club" (USMS rule 201.2.4).

Independent: In the KY-LMSC, this is a competitor who registers as a member of SKY, but not as a member of a registered Kentucky team.

Club registration: The LMSC treasurer pays the club registration fee to USMS in September.

Team registration: Each team will be sent the annual registration form to be completed, with check made payable to Kentucky Masters Swimming, in September. This must be paid by October 31, so that individual registrations may be accepted beginning November 1.

Registration year: January 1–December 31. USMS begins registration November 1 each year. This may be confusing to you; to clarify, new members may register for the next year beginning in November! Renewal

forms for registered swimmers are mailed in November, so you may reregister before the December 31 expiration date (and before Christmas, so be kind to your registrar).

Knowing your numbers: In 2003, permanent ID numbers came into use for USMS. The last five alphanumeric digits of the number on the USMS card is *your permanent ID number*. The first two digits are the LMSC number (41 for Kentucky), the third is the last number of the year of registration, and the fourth digit is a character that changes from year to year or if you transfer.

USMS card suggestions:

- Make copies, because you are required to include a copy with each meet entry.
- Carry your card to all meets!
 - Lost or strayed card: to replace, send \$1 and SASE to your registrar.

Monthly report: The last week of each month the registrar must send (electronically, thank goodness) all individual and club registrations, along with donations to USMS and the International Swimming Hall of Fame, to the USMS National Office. Also, each SKY team contact person will

receive USMS cards for that month and an updated roster. The cards are distributed to the swimmers by the contact person. 📧

"Kentucky has 437 registered members of SKY."

Membership benefits:

- *SWIM Magazine*, the bimonthly official USMS publication
- Excess accident and travel assistance insurance

USMS website: www.usms.org

Kentucky LMSC website: www.kylmsc.org

For the answers to any questions you may have, please contact your registrar, Joanne Tingley, at (502) 454-3029 or jtging@bellsouth.net.



Photo by Meg Smath

Kentucky LMSC registrar Joanne Tingley.

USMS Convention,
San Diego, Calif.,
September 10–14,
2003

Your Kentucky
delegates:

William Tingley,
member of USMS
Rules, Recognition
and Awards, and
Convention
Committees

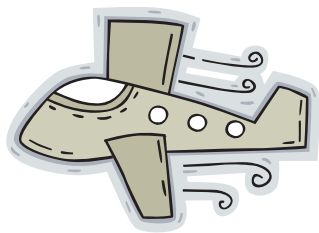
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of USMS Board of
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Representative,
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and Legal Counselors
Committees

Joanne Tingley, delegate
at large, member of
USMS Convention
and Publications
Committees, in
charge of delegate
certification

Tom Mester
Pam Haeberlin

Each delegate attends as many of the 25 committee meetings as possible, along with meetings of the USMS committees of which they are voting members. This gives our delegates the opportunity to gather more information generated at the national convention. Your delegates work hard to learn and return to you with the latest information concerning our sport!



SKY writings

Wildcat Masters: We are very fired up to have won the team competition in the USMS February Fitness Challenge. We challenge all other Kentucky teams to go head-to-head with us in 2004!

Several Wildcat Masters recently competed in the Boston Marathon. Jack Evans finished in 3:16.37, George Van Meter in 3:28.24, Tom McCullough in 3:40.20, and Phyllis Bertram in 3:59.01.

We're all excited at the news that Wildcats Clifton Cox (son of head coach Susan Bradley-Cox) and Jennifer Clifford are engaged! Jen is an assistant coach for Wildcat Masters, and Clifton is a Wildcat Aquatics coach. Clifton also "guest coached" on Sundays while his mom prepared for the USMS Nationals at Tempe. Good job, Clifton!

T.G. Shuck and his wife Angie welcomed their little bundle of joy, Sydney Delaine, on May 13. She weighed in at 8 pounds even, and was 20.5 inches long. Darren Duzyk and his wife Amy welcomed their second son, Patrick Cooper (Cooper or Coup de Ville, as his dad calls

him), who weighed 6 pounds, 6 ounces and was 19 inches long. He joins brother Conner. Also, Donald and Beven Livingston's new son, Aiden Thompson, was born June 2 at 6 pounds, 4 ounces and 18 inches long.

Unfortunately, we have some sad news too. Tracy Elton lost her mother on May 17. You are in our prayers, Tracy.

—Meg Smath

Owensboro Marlin

Masters: We are proud of our oldest Masters swimmer, Mary Rose Barr, and asked her for her swimming bio:

"It never occurred to me that I would live past 75, if that long. I can't believe I'm now 89 and still swimming. I've been swimming since childhood, mainly in the Ohio River—swimming round trips (the last time was 1950) and local lakes. My first dip was when I was six years old, in the Green River, when my father tied me on back of a rowboat during a camping trip. I've loved the water ever since. At thirteen, I had swim lessons at the Y, learning the Australian crawl and how to float—which through the years has created panic for lifeguards when I would

doze off and they would touch me to see if I was alive. Those lessons and my love for the water set a pattern from then on—lakes, rivers, pools, and of course the Pacific Ocean at Oahu for seven summers.

"As a Girl Scout and Girl's Club volunteer, I taught swimming occasionally. After numerous surgeries in my 70's, I was told to choose a sport and pursue it vigorously and purposefully, as I had arteriosclerosis, and exercise was the only help for me. Of course, I chose swimming. I renewed my YMCA membership and began swimming three days a week. I was invited to join United States Masters through the Western KY Green Gators Masters. I enjoy the excitement of competition, and now have a collection of medals and ribbons from meets in Lexington, Bowling Green, New Albany, Elizabethtown, and Cincinnati. When the Owensboro Mercy Health Park opened, I started an arthriticise class in the warm-water pool and found I could still enjoy swimming. I became a member of the Owensboro Marlin

Masters, and, with the encouragement of Don Moore, entered my first meet in November 2001.

"The first thing I knew I was in the pool for my first 50 meter short course freestyle in about eight years. I really enjoyed myself! I felt like a new person after that swim. It was a revelation. If you've never done it, try it, whatever your age. Without the assistance, encouragement, and relentless prodding of Bob Adams, I could never have gotten this far. It has kept me healthy, active, alert, and younger. I plan to swim until I can no longer get my suit on."

—Bob Adams

Hopkins County Y Masters Barracudas: The bubble is now off of the pool, and we enjoy watching the sunrise during our 5:30 a.m. practice. We continue to grow. Over the last few months we have had several athletes affiliate with our local team. I went to the Short Course Nationals in Tempe, Ariz., and had a great experience. It was very interesting to compete with the caliber

—Continued on page 5

Kentucky LMSC records, short course yards, 2002–2003 (compiled by Brad Schmied, Records Chair)

Men (54 records)

<i>19-24</i>					
50 breast	28.16	Donald Smith	LAKE	1/27/02	
100 breast	1:01.65	Donald Smith	LAKE	1/27/02	
200 breast	2:17.87	Donald Smith	LAKE	1/27/02	
<i>25-29</i>					
50 free	20.75	Jerrod Kappler	CHMS	3/29/03	
100 free	46.24	Jerrod Kappler	CHMS	3/29/03	
50 fly	23.18	Jerrod Kappler	CHMS	3/29/03	
<i>35-39</i>					
1000 free	10:33.09	Dale Mercker	LAKE	3/29/03	
1650 free	17:30.25	Dale Mercker	LAKE	3/29/03	
<i>40-44</i>					
50 free	22.80	Paul Dassow	WILD	5/16/03	
50 back	26.51	Paul Dassow	WILD	5/16/03	
100 breast	1:05.92	Paul Dassow	WILD	5/16/03	
100 IM	58.13	Paul Dassow	WILD	5/16/03	
<i>50-54</i>					
50 free	24.49	Jon Shastid	CHMS	3/2/02	
100 free	53.35	E. Bell	CHMS	3/29/03	
1000 free	11:41.73	E. Bell	CHMS	3/29/03	
1650 free	19:16.39	E. Bell	CHMS	3/29/03	
100 breast	1:13.98	Jon Shastid	CHMS	3/2/02	
100 fly	1:02.35	Jon Shastid	CHMS	3/23/02	
100 IM	1:04.02	Jon Shastid	CHMS	3/2/02	
200 IM	2:23.56	E. Bell	CHMS	3/29/03	
<i>55-59</i>					
50 free	24.27	Jon Shastid	CHMS	5/16/03	
100 free	54.34	Jon Shastid	CHMS	5/16/03	
1650 free	21:16.47	John Graham	CHMS	3/29/03	
50 back	31.17	Jon Shastid	CHMS	3/2/03	
100 back	1:08.64	Jon Shastid	CHMS	5/16/03	
50 breast	33.81	Jon Shastid	CHMS	2/8/03	
200 breast	2:49.51	George Dodge	CHMS	3/2/02	
50 fly	26.26	Jon Shastid	CHMS	5/16/03	
100 fly	1:00.77	Jon Shastid	CHMS	5/16/03	
200 fly	2:41.27	John Graham	CHMS	3/29/03	
100 IM	1:03.02	Jon Shastid	CHMS	5/16/03	
200 IM	2:31.90	Lynn Olson	WKGG	3/29/03	
<i>60-64</i>					
50 free	27.04	Robert Tesch	WILD	2/23/02	
100 free	58.46	Robert Tesch	WILD	4/7/02	
200 free	2:09.83	Robert Tesch	WILD	4/7/02	
500 free	5:52.47	Robert Tesch	WILD	2/23/02	
1000 free	12:16.53	Robert Tesch	WILD	3/2/02	
1650 free	20:24.97	Robert Tesch	WILD	3/2/02	
50 back	34.45	Robert Tesch	WILD	3/2/02	
100 back	1:16.76	Robert Tesch	WILD	3/2/02	
200 back	2:45.35	Robert Tesch	WILD	1/26/02	
50 breast	36.93	Ralph Johanson	CHMS	3/2/02	
100 breast	1:24.30	Ralph Johanson	CHMS	3/29/03	
200 breast	3:10.54	Ralph Johanson	CHMS	3/2/02	

50 fly	29.87	Robert Tesch	WILD	1/26/02	
100 fly	1:12.91	Robert Tesch	WILD	3/2/02	
200 fly	2:54.31	Robert Tesch	WILD	1/26/02	
100 IM	1:12.22	Robert Tesch	WILD	2/23/02	
200 IM	2:44.73	Robert Tesch	WILD	3/2/02	
400 IM	5:53.51	Robert Tesch	WILD	1/26/02	
<i>65-69</i>					
50 back	34.77	William Powell	WKGG	5/14/02	
100 back	1:16.16	William Powell	WKGG	5/14/02	
200 back	2:47.12	William Powell	WKGG	5/14/02	
<i>75-79</i>					
50 fly	47.02	Matthew Flanagan	WILD	3/29/03	

Women (21 records)

<i>19-24</i>					
200 back	2:17.76	Kelley Miller	WILD	3/29/03	
<i>25-29</i>					
50 breast	30.78	Jennifer Clifford	WILD	5/16/03	
100 breast	1:07.12	Jennifer Clifford	WILD	5/16/03	
200 breast	2:25.00	Jennifer Clifford	WILD	5/16/03	
<i>35-39</i>					
200 back	2:26.03	Laura Clark	WILD	1/27/02	
200 IM	2:23.34	Laura Clark	WILD	11/1/02	
<i>40-44</i>					
1000 free	13:08.15	Mimi Ward	WILD	5/16/03	
1650 free	21:44.13	Mimi Ward	WILD	5/16/03	
<i>45-49</i>					
50 back	35.62	Tricia Calvert	WILD	3/29/03	
100 back	1:15.80	Tricia Calvert	WILD	3/29/03	
<i>65-69</i>					
50 free	34.26	S. Bradley-Cox	WILD	5/16/03	
100 free	1:17.86	S. Bradley-Cox	WILD	5/16/03	
200 free	2:45.35	S. Bradley-Cox	WILD	5/16/03	
500 free	7:32.51	S. Bradley-Cox	WILD	5/16/03	
1000 free	16:10.27	S. Bradley-Cox	WILD	3/29/03	
1650 free	25:49.73	S. Bradley-Cox	WILD	5/16/03	
200 IM	3:27.35	S. Bradley-Cox	WILD	5/16/03	
<i>70-74</i>					
50 back	52.34	M.J. Mullins	LAKE	3/29/03	
100 back	1:53.03	M.J. Mullins	LAKE	3/29/03	
50 breast	58.53	M.J. Mullins	LAKE	3/29/03	
50 fly	54.36	M.J. Mullins	LAKE	3/29/03	

Relays (6 records)

<i>women's 200 medley</i>					
19+	1:54.10	Wildcat Masters	WILD	3/2/02	
(Beth Carey, Jennifer Clifford, Jenny Heffernan, Kelley Miller)					
45+	2:36.35	Wildcat Masters	WILD	3/29/03	
(Tricia Calvert, Meg Smath, Janice Kregor, Sarajane Doty)					
<i>men's 200 free</i>					
45+	1:41.45	Wildcat Masters	WILD	3/29/03	
(Bryan Reed, Tom Evans, Ken Calvert, Dennis Hamilton)					

—Continued on page 6

—"SKY writings," continued from page 4

of athletes that assemble at that meet."

—Kent Waide

Lakeside Masters:

Welcome home, Gary Weisenthal, our 89-year-old Masters champion, who is recovering from quadruple bypass heart surgery in Florida and then major abdominal surgery in California for

cancer. The surgeries were performed this winter, and now we are so glad to see you back in the water at Lakeside, Gary. Swimming is GREAT!!

—Mary Graves

Crescent Hill Masters:

Nancy McElwain competed in Europe again, this time at the

World Long Course Triathlon Championships in Ibiza, Spain, on May 11. She raced as part of the U.S. team in age-group competition. The course was made up of a 2.4-mile swim, 78-mile bike, and 18.6-mile run. In Nancy's opinion, her 1 hour 5 minutes for the swim was the most

satisfying stage. She acknowledged Michelle Ward's pool pace work for the swim! Nancy finished seventh in her age group, eighteenth woman overall, and third woman to cross the finish line on the U.S. team. Way to go Nance!!

—Tom Mester



Kentucky LMSC All-Americans*, 2002

Susan Bradley-Cox, WILD, 65-69 women, LCM 1500 free, 27:27.67
 José Manuel Nieto, CHMS, 19-24 men, LCM 800 free, 9:48.48
 Paul Graves, LAKE, 19-24 men, LCM 200 IM, 2:19.86
 Mariela Yopez, CHMS, 19-24 women, SCM 50 back, 32.99; 50 fly, 29.94; 100 fly, 1:05.89; 200 fly, 2:23.53; 100 IM, 1:10.95
 Abraham Solano, LAKE, 30-34 men, SCM 50 breast, 30.88; 100 breast, 1:06.63; 200 breast, 2:28.10

*To achieve All-American status, a swimmer must be ranked #1 in an event

USMS 2003 Long Course National Championship

Sonny Werblin
 Recreation Center
 Rutgers University
 Piscataway, New Jersey
 August 13–17

For meet information, go to www.usms.org and click on link to 2003 USMS Long Course Nationals

—*"Mini-meets," continued from page 1*

The relay events chosen are relays very seldom a part of a large meet format. A great example is the 800 free relay coming up in our July LCM mini-meet. For a few dollars and a Sunday morning, four members of Kentucky Masters Swimming can get together and easily set a Top Ten time!!

Remember, any four members of SKY (same gender or mixed), regardless of team

affiliation, can form a relay in any mini-meet offered!!! Be sure to notify the referee of a SKY relay.

If your facility can host a mini-meet for any course (25 yards, 25 meters, 50 meters), please consider hosting for your region. If not, find where one may be held in your region and go swim!

For additional information, contact Tom Mester, Mini-Meet Chair, at 1-800-876-8768 or mester@truckequip.com.

—By Tom Mester 

—*"Kentucky SCY records," continued from page 5*

55+	1:58.27	Crescent Hill	CHMS	3/29/03
(John Graham, Ralph Johanson, Larry Hunt, Jon Shastid)				
<i>mixed 200 free</i>				
19+	1:38.72	Wildcat Masters	WILD	3/2/02
(Joey Bott, Stephen Sparks, Jenny Heffernan, Beth Carey)				
55+	2:23.23	Wildcat Masters	WILD	3/29/03
(S. Bradley-Cox, Cindy Todd, D. Hamilton, David Burgio)				

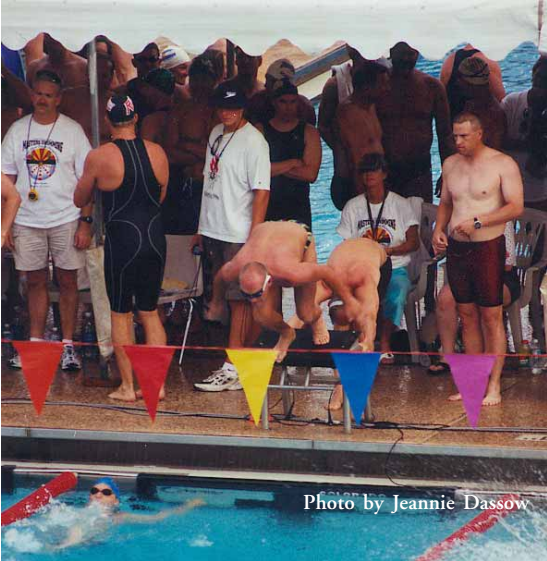


Photo by Jeannie Dassow

Relays are fun! In this men's medley relay swum in Tempe, Paul Dassow touches the wall as Keith Shepherd dives in. Jon Shastid and Kent Waide were also on the relay.

From the National Office

The new USMS information brochures are now available. These colorful brochures are 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, 1-800-537-0204, usms@usms.org.

Kentucky Waves

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

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

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