

# Streamlines... from the National Office

Fall 2005



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**United States  
Masters  
Swimming**

## Greetings from the National Office...

The 2005 Convention in Greensboro, North Carolina has taken place (so much to tell, so little room here in this newsletter). Congratulations to our newly elected members of the Executive Committee & Board of Directors, newly appointed Committee Chairmen, Liaisons & Special Assignments, award winners and national championship bid winners (listed later in this newsletter). You will find the minutes from all the meetings on the USMS web site at [www.usms.org/admin/conv05](http://www.usms.org/admin/conv05). I'm sure I speak for all in attendance - **A special thank you to George Simon, Hill Carrow, Rhea Wilkins, Jerry Clark, Greg Souza, Sally Newell and the members of the North Carolina LMSC** for doing such a wonderful job coordinating the USMS hospitality suite! THANK YOU!!!

As you know, we are into a new registration year as of November 1<sup>st</sup>. Therefore your 2006 LMSC Registration and 2006 Club Registrations are due. Due to the "bumping up" of the mailing of USMS SWIMMER, we have NEW transmittal deadlines (please refer to the Working Calendar for due dates). Also please note – **501.2 Mandatory Memberships (Rule Book page 87) – All members of the House of Delegates and Board of Directors and all members of any committee of the corporation (which includes LMSC officers) shall hold an individual membership of the corporation. Please be sure that all of your LMSC Officers are currently registered!**

The Registration section of the LMSC Handbook has been updated (including 2006 forms) and sent to all LMSC Registrars. The remaining sections of the handbook are in the process of being updated. Once completed it will be posted up on the USMS web site at [www.usms.org/admin/lmschb](http://www.usms.org/admin/lmschb). Full Handbooks will be sent to the Chairman and Registrar from each LMSC. Sections will be e-mailed (or snail mailed if preferred) to the appropriate LMSC Officer.

Since this newsletter is published on the USMS website, all email addresses in this issue and future issues will be presented as name-AT-usms-DOT-org to help thwart spam harvesting.

Feel free to put any of this information into your newsletter so that all our members are informed.

Tracy

## President's Note

To echo Tracy, Greetings from the oval office... Actually it's a square office, and after only six weeks on the job, it still sounds a bit weird to say greetings from the president.

For those of you who don't know me, I'm Rob Copeland; I've been a Masters swimmer for over 25 years (I started as a sub-master in Lincoln, Neb., soon after completing my college swimming career at Iowa State University.) In my early Masters years, I was coerced into getting involved beyond just the swimming and I became active in the LMSC, one of the best decisions I ever made. It wasn't long before I got involved at the national level, another great decision! As I moved from Lincoln to Omaha to New Jersey and finally settled in the Atlanta area, I've been fortunate to be able to remain active at the local and national levels and to associate with the greatest people on earth, Masters swimmers. But enough about me ... for now.

My real message for today is to let you know how excited I am about the team we recently elected to lead us as we continue to grow and evolve. We have some tremendous opportunities ahead of us. Next year the USA is host to what will be the largest and most impressive swimming event ever, as the FINA Masters World Championships comes to Stanford, Calif., in August; don't miss it! While this is going on we continue to develop new and improved programs and services to support our national and local volunteers and our members. Through the new governance model we just enacted and as we further our search for an Executive Director, I see us as primed and ready to build upon the successes of my predecessors and take USMS to new heights. We have elected an incredible team of leader-volunteers and I am confident that Leo Letendre (VP of National Operations), Julie Heather (VP of Local Operations), Mark Gill (VP of Member Services), Michael Heather (VP of Community Services), Meg Smath (Secretary) and Tom Boak (Treasurer); along with Jim Miller (Past President) and Patty Miller (Legal Counsel), are the perfect team to grow on our past successes and take us to the next level.

And of course none of this would be possible without the unbelievable efforts of our volunteers and staff, but I ran out of space, so I'll cover this next time....

Rob

**President: Rob Copeland • Vice President of National Operations: Leo Letendre • Vice President of Local Operations: Julie Heather  
Vice President of Member Services: Mark Gill • Vice President of Community Services: Michael Heather • Secretary: Meg Smath  
Treasurer: Tom Boak • Immediate Past President: Jim Miller, MD • Legal Counsel: Patty Miller**

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# Streamlines... from the National Office

## THINGS TO DO...

Listed are **all deadlines** from the USMS Working Calendar. Please read this and use as a reminder. This 2005/2006 Working Calendar is posted in its entirety on the USMS web site at: [www.usms.org](http://www.usms.org) under **Administration**

### NOVEMBER – 2005

- 1<sup>st</sup>
  - 2006 Registration year begins
- 2<sup>nd</sup>
  - Final copies of Rules/Long Distance/Legislation changes to Rule Book Editor (Meg Smath, Publications-AT-usms-DOT-org) from appropriate committee Chair (Rules - Kathy Casey, Long Distance - Marcia Cleveland & Legislation - Sean Fitzgerald)
- 9<sup>th</sup>
  - Records and Tabulation Chair (Mary Beth Windrath, TopTen-AT-usms-DOT-org) sends National Records to Rule Book Editor (Meg Smath, Publications-AT-usms-DOT-org)
- 15<sup>th</sup>
  - LMSC Registrars send October/November registration reports to National Office (Electronic Files sent to Esther at Registration- AT-usms-DOT-org, hard copies and checks sent to the National Office at usms-AT-usms-DOT-org)
  - 2006 LMSC Handbook section updates due to National Office Administrator (Tracy Grilli, usms-AT-usms-DOT-org)
  - National Office Administrator (Tracy Grilli) sends Rule Book Appendix E Committees and Chairmen to Rule Book Editor (Meg Smath)
- 16<sup>th</sup>
  - Final proofreading of Rule Book due to Rule Book Editor (Meg Smath, Publications-AT-usms-DOT-org)
- 23<sup>rd</sup>
  - All camera ready copy and artwork due to Rule Book printer (Gateway Printing & Graphics)
- 30<sup>th</sup>
  - Deadline for LMSC Registrations to be submitted to the National Office

#### Other Deadlines in November ~

- Minutes of House Of Delegates, 2006 Budget and FOG sent (via e-mail/snail mail) to all who attended convention

### DECEMBER ~ 2005

- 5<sup>th</sup>
  - USMS Monthly Registration Report due to VP of National Operations, Controller, Treasurer, Finance Chair and Registration Chair from National Office

- 8<sup>th</sup>
  - Zone Reps submit events for USMS Swimmer calendar for March/April issue to Editorial Committee Chair (Lynn Hazlewood, Editorial-AT-usms-DOT-org)
- 9<sup>th</sup>
  - Editorial material due to USMS Swimmer Magazine Editor (Bill Volckening – editor-AT-usms-DOT-org) for the March/April issue.
- 15<sup>th</sup>
  - Mailing labels for 2006 Rule Books and Mini Rule Books due to printer (Rule Book - Board of Directors, LMSC Registrars, members of Rules, Legislation, Long Distance, and Rule Book Committees, registered Clubs, Sponsors and individual orders. Mini Rule Book - LMSC Officials Chairs and members of the Officials Committee).
  - Convention Coordinator (Victor Buehler, Convention-AT-usms-DOT-org) sends out preliminary room set-up requirement information for 2006 convention to all Committee Chairs
- 31<sup>st</sup>
  - USMS 2007 ISHOF candidate due to ISHOF
  - End of Short Course Meter season
  - End of 2005 Fiscal Year

#### Other deadlines this month ~

- USMS Secretary (Meg Smath, Secretary-AT-usms-DOT-org) distributes Committee Chairman Handbook to committee chairs
- Mailing of 2006 LMSC Handbooks – Full handbook is posted on the USMS web site under Administration
- Mailing of USMS Directory (includes all convention delegates, committee members and LMSC Chairmen)
- First mailing of 2006 Rule Books – Full 2006 Rule Book is posted on the USMS web site
- LCM Top Ten Issue sent out

### JANUARY ~ 2006

- 1<sup>st</sup>
  - HAPPY NEW YEAR!!!
  - LMSC Registrars send November/December registration reports to National Office (Electronic Files sent to Esther, Registration-AT-usms-DOT-org, hard copies and checks sent to the National Office usms-AT-usms-DOT-org)
  - Signed contracts for 2006 Long Distance National Championship events (except for One Hour Postal) due to Long Distance Committee Chair (Marcia Cleveland, LongDistance-AT-usms-DOT-org)
- 15<sup>th</sup>
  - LMSC Registrars send January registration reports to National Office (Electronic Files sent to Esther at Registration-AT-usms-DOT-org, hard copies and

# Streamlines... from the National Office

checks sent to the National Office at usms-AT-usms-DOT-org)

- Final requests for reimbursement for 2005 expenses due to the Controller (Margaret Bayless, Controller-AT-usms-DOT-org) from all cost center heads
- Room set-up requirements for 2006 Convention due from Committee Chairs to Convention Coordinator (Victor Buehler – Convention-AT-usms-DOT-org)

22<sup>nd</sup>

- USMS November/December Registration Report due to VP of National Operations, Controller, Treasurer, Finance Chair and Registration Chair from National Office

25<sup>th</sup>

- Deadline for submission of information to be included in the Winter issue of Streamlines... from the National Office (Tracy Grilli, usms-AT-usms-DOT-org)

26 – 29<sup>th</sup>

- Executive Committee and Board of Directors mid-year meeting, The Woodlands, Texas
- LMSC SCM Top Ten Reports due to Top Ten Chair (Mary Beth Windrath – TopTen-AT-usms-DOT-org)

30<sup>th</sup>

- Open Water Clinic application distributed to clubs and LMSCs (Coaches – Bob Bruce – Coaches-AT-usms-DOT-org)
- Winter issue of Streamlines... sent out via e-mail or snail mail

## *Other deadlines in January ~*

- Bid packets sent to interested bidders for USMS 2008 SCY & LCM National Championship (Mark Moore, Championship-AT-usms-DOT-org)
- Solicitation of information for 2006 Long Distance Calendar

## **FEBRUARY ~ 2006**

1<sup>st</sup>

- Bid packets e-mailed to interested bidders for USMS 2008 Long Distance Championship events from Long Distance Chair (Marcia Cleveland, LongDistance-AT-usms-DOT-org)
- Convention Coordinator (Victor Buehler, Convention-AT-usms-DOT-org) sends 2006 requirements to USAS
- 4<sup>th</sup> Quarter Financial Reports prepared by USMS Controller (Margaret Bayless, Controller-AT-usms-DOT-org)

5<sup>th</sup>

- USMS January Registration Report due to VP of National Operations, Controller, Treasurer, Finance Chair and Registration Chair from National Office

8<sup>th</sup>

- Preliminary Top Ten mailed to LMSC Top Ten Chairmen and Records and Tabulation Committee members for proof reading
- Zone Reps submit list of events for USMS Swimmer calendar for May/June issue to Editorial Chair (Lynn Hazlewood, Editorial-AT-usms-DOT-org)

13<sup>th</sup>

- Editorial material due to USMS Swimmer Magazine Editor (Bill Volckening Editor-AT-usms-DOT-org) including Pool and Long Distance All American Listing from Records & Tabulation Chair (Mary Beth Windrath) and Long Distance Committee Chair (Marcia Cleveland) for May/June issue.

15<sup>th</sup>

- LMSC Registrars send February registration reports to National Office (Electronic Files sent to Esther at Registration-AT-usms-DOT-org), hard copies and checks sent to the National Office at usms-AT-usms-DOT-org) – USMS Swimmer Magazine Label Month
- Call for Ransom Arthur nominations sent to LMSCs and USMS Swimmer Magazine Editor from Recognition and Awards Chair (Kelly Crandell, Awards-AT-usms-DOT-org)

22<sup>nd</sup>

- Responses due from Top 10 proof-reading to Records and Tabulation Committee Chair (Mary Beth Windrath, TopTen-AT-usms-DOT-org)

28<sup>th</sup>

- Reports from Committee Chairs on status of projects, etc., due to Executive Committee Liaisons

## ***Other deadlines in February ~***

- Pre-meet site visit by Championship Committee liaison to SC Nationals host (Coral Springs Aquatic Complex, Coral Springs, Florida)

## **USMS SWIMMER**

USMS SWIMMER Magazine is published bimonthly by United States Masters Swimming. In order to assure that our members received their magazine timely, we are bumping up the production schedule by 2 weeks. Therefore, the mailing list is prepared from the list of registered swimmers 1-1/2 months in advance. Subscription for swimmers registered by the following deadline dates will begin with the issue shown:

### **Registration Deadline Date**

November 15 for the Jan/Feb issue  
January 15 for the Mar/Apr issue  
March 15 for the May/June issue  
May 15 for the Jul/Aug issue  
July 15 for the Sep/Oct issue  
September 15 for the Nov/Dec issue

# Streamlines... from the National Office

## CONTACT UPDATES...

- Doug Adamavich (Arizona) – new address – 801 N Federal St Apt 2025, Chandler, AZ 85226-6328
- Lori Blom (South Dakota) – new last name (was Stulken)
- Mike Burgess (Niagara) – new e-mail – mike\_burgess-AT-avanex-DOT-com
- Bob Carter (North Texas) – new address – 501 Kingscote Ct, Arlington, TX 76010-7447, e-mail – bob.t.carter-AT-comcast-DOT-net
- Roy Dessloch (South Carolina) – new e-mail – tgcoach-AT-aol-DOT-com
- Maria Doelger-Anderson (Metropolitan) – new e-mail – metroreg-AT-gmail-DOT-com
- Jeanne Ensign (Pacific Northwest) – new work - 206-624-8075 and fax - 206-324-1354
- Matt Gilson (New England) – new address – PO Box 14386, E Providence, RI 02914
- Mel Goldstein (Indiana) – new e-mail – goldsteinmel-AT-sbcglobal-DOT-net
- Jacque Groenendyk (Michigan) – new e-mail – miregistrar-AT-wmwhisp-DOT-net
- Jacque Grossman (South Carolina) – new e-mail – jelg-AT-innova-DOT-net
- Ted Haartz (New England) – new e-mail – fhaartz-AT-cox-DOT-net
- Jacki Hirsty (New England) – new address – 386 Morris Ave, Providence, RI 02906, phone – 401-751-5192
- Charlie Hoolihan (Southern) – new e-mail – charlie-AT-webdsi-DOT-com
- Susan Ingraham (South Texas) – new address – 302 Happy Trail, Shavano Park, TX 78231-1432
- Elizabeth Johnson (North Texas) – new address – 5555 Amesbury Dr # 613, Dallas, TX 75206, phone – 214-361-0497
- Doug Koop (Adirondack) – new e-mail – douglaskoop-AT-aol-DOT-com
- Esther Lyman (New England) – new address – 37 Ridgewood Rd, Apt 8, Bedford, NH 03110-6513, phone – 603-668-3048
- Mary Kurz (Illinois) – new e-mail - mskurz-AT-comcast-DOT-net
- Judy Martin (Virginia) – new e-mail – jmartin240-AT-cox-DOT-net
- Wayne McCauley (Southern Pacific) – correct address – 4001 Inglewood Ave, Suite 101-256, Redondo Beach, CA 90278
- Jim Mellon (Hawaii) – new address – 1911 Kalaniana'ole Ave # 603, Hilo, HI 96720
- Bill Mulliken (Illinois) – new e-mail – billmulliken-AT-mac-DOT-com
- Myriam Pero (Potomac Valley) – new address – 12214 Falls Rd, Potomac, MD 20854

- Dick Pitman (Wisconsin) – phone – 608-770-2307
- Mary Pohlmann – new e-mail – marypholmann1-AT-verizon-DOT-net
- Barb Protzman (Maryland soon to be Florida) – new address – 3656 Cypress Fern Way, Coral Springs, FL 33065, phone – 954-340-9629
- Judy Ramirez (New Jersey) – new e-mail – judyiramirez-AT-yahoo-DOT-com
- CJ and Lisa Rushman (Ohio) – new address – 8284 Shady Pine Dr, Cincinnati, OH 45255, phone – 513-474-6795
- Donna Schubkegel (South Texas) – new address – PO Box 160305, Austin, TX 79716
- George Simon (North Carolina) – new fax – 919-846-2423
- Joe Skoski (Allegheny Mountain) – new address – 3200 Orleans, Pittsburgh, PA 15214
- Leslie Smith (South Texas) – new address – 10865 Lake Forrest Dr, Conroe, TX 77384
- Darlene Staley (Oregon) – new address – 16903 SW Whitley Way, Beaverton, OR 97006
- Anthony Thompson (Missouri Valley) – new e-mail – swimtotoswim-AT-msn-DOT-com
- Victoria Tracy (Southern) – new address – 1305 Cherokee Rd, Beaufort, SC 29902, e-mail – tobvik-AT-earthlink-DOT-net
- Mark Urban (Illinois) – new address - 14418 Woodedpath Ln, Orland Park, IL, 60462, phone – 708-349-4905
- Joanne Wainwright (Alaska) – new e-mail – joswims-AT-alaska-DOT-net
- Lisa Watson (Georgia) – new e-mail – lwatson-AT-gsc-DOT-edu
- Mag Wright (Ohio) – new e-mail – mlwright-AT-columbus-DOT-rr-DOT-com

### Attention Cost Center Heads

Deadline for submitting 2005 reimbursement requests to Controller, Margaret Bayless is **January 15, 2006**

### Rule Books

Each LMSC receives 1 complimentary Rule Book and that is sent to the Registrar. If your LMSC would like to order one or more 2006 Rule Books or Mini Rule Books, please send your order into the National Office before December 15<sup>th</sup>. Those orders received will have their rule books shipped directly from Gateway as soon as they are ready.

### LMSC By Laws

Have your LMSCs most recent by laws been sent to the National Office??? If you are not sure, please contact Tracy and she will let you know what version she has on file.

# Streamlines... from the National Office

## NEW LMSC OFFICERS...

A full list of LMSC Officers can be found at [www.usms.org/lmsc/lmscofficers.php](http://www.usms.org/lmsc/lmscofficers.php)

### Arizona

- Registrar – RA “Mitch” Mitchell – rammedd-AT-hotmail-DOT-com

### Border

- Long Distance – Marisa Grenier
- Sanctions – LeAnn Carr

### Central

- Chairman – Nadine Day – ndaypt-AT-aol-DOT-com or contactpresident-AT-cmsaswimming-DOT-org
- Vice Chair/Webmaster – Chris Colburn, cmc-AT-234west-DOT-org or contactvicepresident-AT-cmsaswimming-DOT-org

### Colorado

- Chairman – Heather Hagadorn – heatherlh-AT-msn-DOT-com

### Hawaii

- Registrar – Amy Patz – patz-AT-hawaii-DOT-edu

### Kentucky

- Registrar – Susan Ehringer – kyregistrar-AT-usms-DOT-org

### Maryland

- Top Ten – vacant

### Metropolitan

- Secretary – Liz Krams – lizkrams86-AT-yahoo-DOT-com
- Officials - vacant

### New Mexico

- Registrar – William Bearden – wbearden-AT-earthlink-DOT-net

### North Texas

- Registrar – Dave Young – iron-dave-AT-gmail-DOT-com

### Ohio

- Editor – Jim Monahan – ohioeditor-AT-usms-DOT-org
- Webmaster – Scott Goertemiller – sgoertemiller-AT-fuse-DOT-net

### Oregon

- Coaches - vacant
- Top Ten – Mary Sweat, marysweat-AT-email-DOT-com

### Ozark

- Treasurer – Roberta Holst – holst6-AT-yahoo-DOT-com

### Pacific Northwest

- Coaches – vacant
- Webmaster – Rondamarie Smith – swim-pna-AT-lewiscounty-DOT-com

### San Diego

- Treasurer – Kenton Jones – kerujo-AT-aol-DOT-com

### South Carolina

- Chairman, Fitness, Safety – Michael Wendt, mottowendt-AT-pol-DOT-net

### Southern

- Chairman – Dave Miner, dcminer-AT-hotmail-DOT-com
- Treasurer – Ed O'Brien, eobrien-AT-iiabl-DOT-com
- Secretary – Ellen Hall, ellenhall-AT-aol-DOT-com

### Utah

- Chariman – Jim Viney – jamesviney-AT-comcast-DOT-net
- Webmaster – Tony Nissen – tnissen-AT-cal-DOT-berkeley-DOT-edu
- Coaches – Matt Hayes – parkcitycoach-AT-comcast-DOT-net
- Long Distance – Suzanne Topp – swim\_principessa-AT-yahoo-DOT-com
- Sanctions – Rebecca Pond – rynbecpond-AT-msn-DOT-com

### Wyoming

- Secretary/Treasurer – Helen Ryan – wyomastersswim-AT-mail-DOT-sisna-DOT-com

## CONVENTION NEWS

### Your New Executive Committee

President – Rob Copeland  
VP of National Operations – Leo Letender  
VP of Local Operations – Julie Heather  
VP of Member Services – Mark Gill  
VP of Community Services – Michael Heather  
Secretary – Meg Smath  
Treasurer – Tom Boak  
Immediate Past President – Jim Miller, MD  
Legal Counsel – Patty Miller

### Your New Board of Directors

Director (Breadbasket) – Anna Lea Roof  
Director (Colonies) – Betsy Durrant  
Director (Dixie) – Jerry Clark  
Director (Great Lakes) – Nadine Day  
Director (Northwest) – Jeanne Ensign  
Director (South Central) – Carolyn Boak  
Director (Southwest) – Laura Winslow

### Newly Appointed Committee Chairs

Championship – Mark Moore  
Coaches – Bob Bruce  
Communications – Hugh Moore  
Editorial – Lynn Hazlewood  
Finance – Jeff Moxie  
Fitness – Jani Sutherland  
History & Archives – Barbara Dunbar

# Streamlines... from the National Office

International – Mary Pohlmann  
Legislation – Sean Fitzgerald  
Long Distance – Marcia Cleveland  
Marketing – Connie Barrett  
Officials – Ed Saltzman  
Planning – Jim Wheeler  
Recognition & Awards – Kelly Crandell  
Records & Tabulation – Mary Beth Windrath  
Registration – George Simon  
Rules – Kathy Casey  
Sports Medicine, Health & Safety – Jody Welborn  
Zone – Julie Heather

## Liaisons & Special Assignments

Ad Hoc Endowment Fund Chair – Doug Church  
Ad Hoc ISHOF Nominating Chair – Ginger Pierson  
ASUA Representative – Jim Miller, MD  
Controller – Margaret Bayless  
Convention Coordinator – Victor Buehler  
FINA Representative – Nancy Ridout  
Insurance Liaison – Colleen Driscoll  
Internal Auditor – Colleen Driscoll  
ISHOF Liaison- June Krauser  
National Senior Games Liaison – Bill Tingley  
National Sponsor Liaison - Mel Goldstein  
National Publication Editor – Bill Volckening  
Parliamentarian – Bill Tingley  
USAS Representative – Rob Copeland  
USOC Liaison - Hill Carrow  
USA Swimming Liaison to USMS – John Walker  
USMS National Board of Review Chair – Jack Geoghegan  
USMS IGLA Liaison – Jessica Seaton  
USMS Liaison to USA Swimming – Ted Haartz  
USMS Liaison to USA Triathlon – Cindy Hawkinson  
USMS Liaison to USOTC – Nancy Ridout  
USMS Liaison to YMCA – Stu Marvin  
USMS Rule Book Editor – Susan Ehringer  
USMS Webmaster/IT Director – Jim Matysek

## Awards Announced at Convention

The following awards are presented annually by United States Masters Swimming.

- Ransom J Arthur Award – Betsy Durrant, Virginia Masters
- **USMS Fitness Award** - Doug and Marianne Brogan, O\*H\*I\*O Masters
- **David Yorzyk Memorial Award** (the most outstanding 400 IM at Short Course Nationals) - Michael Mann, Colorado Masters
- **Speedo/USMS Coach of the Year Award** – Mark Moore, head coach of California's Mission Viejo Masters
- **TYR/ USMS Newsletter of the Year Award** - *WetSet*, Pacific Northwest LMSC and edited by Paul Freeman.

- **Communications Award** - June Krauser, Florida Gold Coast LMSC.
- **National Championship Meet Award** - Tracy Grilli, USMS National Office Administrator

## The 2005 Dorothy Donnelly Service Award Recipients

- Lee Carlson, Pacific Northwest LMSC
- Peter Crumbine, Connecticut LMSC
- Jan Kavadas, Pacific Northwest LMSC
- Jane Masters, Border LMSC
- Don Mehl, Border LMSC
- Nancy Ridout, Pacific LMSC
- Deb Walker, Florida LMSC
- Jody Welborn, Oregon LMSC
- Jim Wheeler, Pacific LMSC

## 2007 Long Distance Championship Venues Selected

- **One Hour Postal** - Florida Mavericks, St. Petersburg, Florida
- **3000/6000 Y Postal** - Sawtooth Masters, Boise, Idaho
- **5K/10K Postal** - South Texas Masters, Austin, Texas
- **2-Mile Cable** - Adirondack Masters, Albany, New York
- **1-Mile Open Water** - Reston Masters, Reston, Virginia
- **1-3 Mile Open Water** - (1.76 miles) Inland Northwest Masters, Cour d'Alene, Idaho
- **3-6 Mile Open Water** - (5K) Lee County, Florida
- **6+ Mile Open Water** - (10K) Metropolitan Masters, New York, New York

## 2007 Pool Championships Venues

- **Short Course Nationals** - Weyerhaeuser King County Aquatic Center in Federal Way, Washington
- **Long Course Nationals** - The Woodlands Athletic Center in The Woodlands, Texas.

## High Altitude Training Camp at the Olympic Training Center Cancelled

USA Swimming has determined that its expenditure of resources on the camp impacts its ability to serve other programs and has declined to go forward with the camp in its present format. Therefore, there will be no Training Camp for 2006. Those who have applied for the 2006 camp will be notified personally but please let your local members know of this development. It is hoped that new opportunities will arise for mutual partnership between our two organizations and that they will be as outstanding and successful as the camp has been. Thanks so much to all of you for your support over the past eight years!

Nancy Ridout, Camp Director

# Streamlines... from the National Office

## 2006 USMS One Hour Postal Championship

January 1 – 31, 2006

Obtain a split form and enter online at

**[www.ohiomasters.com/ohprules.htm](http://www.ohiomasters.com/ohprules.htm)**

Join with O\*H\*I\*O Masters (donating \$1 per swimmer) for this event and also make your own donation to Hurricane Katrina Relief

## Update from the Southern LMSC

Message to the National Office from Dave Miner, Southern LMSC Chairman

Katrina has had a profound impact on the population, especially in certain income brackets. This combined with the brutal refocusing of energy of those remaining are depressing participation further. In the absence of an exuberant response, I will be surprised if we have 200 registered swimmers by the end of 1st quarter 2006. I would appreciate any suggestions you have to help get the fire blazing again. Perhaps we could enlist some of the swimmers across the country to help in some way?

Please help us promote the SCM Zone Championship. There are 4x100 relays and a separate 800m free that should encourage some of the more committed. I have arranged for some pretty heavy sponsors, so the awards should be special as well.

Thanks for you leadership and continued interest

SCM Zone Championship  
Bill Cleveland, Southern Sanctions Chair

I want to personally extend this invitation to our upcoming championship meet to you. We are looking forward to having folks join us! Please forward this to folks on your teams or committees as appropriate. This will be a great opportunity to swim fast and have great times.

It has been a rough go of things on the gulf coast for the last couple of months with many of our members having some significant changes in their lives. We are here to help folks as they get their lives back together to help focus some positive energy on their personal fitness through their masters swimming program.

To that end, the leadership of Southern Masters has been devoting quite a bit of time planning for the upcoming short course meters championships, which will also be the Dixie Zone championships. The meet will be held December 2-4 at the world class swimming facility in Cleveland, MS. So you think to yourself, where the heck

is Cleveland, MS (one of the top 5 municipalities in the US named "Cleveland")??? It is between Jackson, MS and Memphis, TN in the rolling hills east of the Mississippi River. So you ask yourself, what could this small town possibly have to offer?

Well, glad you asked! First of all, Delta State University is home to one of the fastest pools in the world. Built by the same folks that brought us the famous facility in Indianapolis, the new facilities in Palo Alto, Georgia Tech's natatorium, and numerous other great pools, Delta State stands tall as a host to fast meets. A few of the features include:

- Consistent 7.5' depth for the entire competition course
- 9' wide lanes with big wave-eating lane ropes
- Highly stable start bulkhead
- Consistent 49% humidity with continuous influx of fresh air
- Calcium hypochlorite system that is easy on the skin
- Plenty of warm-up and cool down facilities in 2 pools
- On-deck Jacuzzi!!!

You can learn more and get some visuals at: <http://www.gostatesmen.com/sports/swimdiv/aquaticscen ter.html>

Ok, so maybe you have a pool like that in the back yard... Well, there are some other things about the area that you cannot get at home:

Southern hospitality brought to you by Southern Masters Swimming – we have big plans to entertain all of our visitors:

- On-deck massage therapists and refreshments
- Saturday social featuring sumptuous southern cuisine
- Many relays offered – good for those seeking to set records of all types
- Full slate of events including 2 opportunities to swim the 1,500!
- Special awards for high point such as embroidered towels, etc.
- On-site vendors for swim wear, etc.

As well, the area offers a cultural corner that will undoubtedly expand your horizons.

Lots of unique shopping and touring opportunities abound. As well, a short drive from Tunica, MS provides access to world-class casino gaming for those so inclined. And did we mention food? Not only are the in-town options appealing but you are a short distance from the world famous Doe's Eat Place.

# Streamlines... from the National Office

You can learn more specifics at:  
<http://www.visitclevelandms.com/index.html> and you will realize that it's worth the trip.

We are looking forward to seeing y'all next month. The meet entry form is attached. Please get your entries in early!

## Fundraising News!

- During the Endowment Fund meeting at convention, a grant of \$5,000 was authorized to be used for relief/need for USMS members and/or clubs/LMSC, based on satisfaction of IRS code requirements and need determination.
- Members of the Katrina Relief Task Force are working on the grant application procedure and grant award process. Once in place, monies received via the Endowment Fund Grant and One Hour Swim fundraiser will be distributed to members of our USMS swimming family in need.

### Graham Johnston Swims across the Straits of Gibraltar

Graham Johnston crossed the Straits of Gibraltar on October 2nd with a time of 5 hours 9 minutes, becoming the oldest swimmer to complete this event, at the age of 74. CONGRATUALIONS GRAHAM!!!

### 2005 3000/6000 Yard Postal Championship

The dates initially posted for the 3000/6000 Yard Postal Championship caused some confusion. Please let your swimmers know that the meet is still running. They can still enter swims performed before November 15th. The closeout for receiving their mailed entry is 10 days later. And they'll be glad to know that the USMS web site has a great big recording form for the timers to use in place of my micro print version. I hope your team will join us for the distance challenge of the year!

Best times,

Riley Stevens  
Event director  
RILEYRST -AT- AOL -DOT- COM  
864 287 0956  
Box 411  
Clemson, SC 29631-0411

## USMS Trade Show Display – part II

If you refer back to the Winter 2005 issue of Streamlines...

<http://www.usms.org/admin/nycu2005winter.pdf>

you will find an article about the USMS Tradeshow Display and how Bob Hopkins, Marketing Chair for the New Jersey LMSC has used it and the USMS promotional brochure "Could I Be A Masters Swimmer?" to promote Masters swimming in New Jersey.

Well... Bob is still at it and reports the following:

I have used the USMS Tradeshow Display quite a bit in NJ this year with the support of Mel Goldstein in scheduling the Display and Tracy Grilli in providing thousands of the "Could I Be A Masters Swimmer?" brochures to go along with the Display.

Once Bob knows the dates that he will have use of the display, he sends out the following message to pool facility operators -

Pool Operator, Coach, Swimmer,

I have the United States Masters Swimming (USMS) Tradeshow Display (see attached photo) for the next several weeks. If you would like to use it for a day or a few days to promote Masters (adult fitness) swimming in your location, please let me know. It is coordinated in design and content with the "Could I Be A Masters Swimmer?" brochure (picture also attached) to provide a clear and powerful message. I will also provide you with a supply of these brochures.

The Display is perfect to set up in the lobby of your facility (attended or unattended) along with a sign up sheet for follow up with interested parties. It is 7 feet high, 8 feet long and 3 feet deep.

Whether you are planning on starting an adult fitness swim program or whether you already have one, this professional display will give a boost to your membership drive.

The Display will be in use Friday in Trenton at the New Jersey 1st Annual Fitness Rally for 1,500 state employees. It is available after that for your use.

Please let me know as soon as possible about your interest to use it so I can schedule its delivery and pick up at your facility. There is no charge for the use of the Display or for the brochures.

Thank you.

# Streamlines... from the National Office

- In late January/early February the Display was placed at seven different venues and was on display for eighteen days. I now have it again through January 2006 and have it scheduled for many different locations including YMCA's, JCC's and health clubs across NJ.
- One of the interesting initiatives that I have used the Display for is to address the high cost of health insurance for NJ state employees (77,000 of them). After contacting the NJ Commissioner of Personnel, and the Acting Governor, with my idea to use exercise swimming as a way to get state employees healthier and therefore reduce the state's \$1 billion per year health insurance costs, I was invited to be part of the 1<sup>st</sup> Annual Fitness Rally held in Trenton on October 28<sup>th</sup> (dry run indoors on October 21st). It was attended by 1,500 state employees in Trenton and another 1,500 at five other venues. Commissioner Torres is using this initiative to encourage state employees to become more fit through exercise and diet. About 30 "partners", including USMS, were in attendance Friday at the Rally to present their information on how to become fit and stay fit to the Rally participants.
- I would recommend use of the USMS Display and the "Could I Be A Masters Swimmer?" brochures by anyone interested in building interest in USMS Swimming. The combination of the Display and the brochures present a very simple, straightforward, coordinated and professional message about adult fitness swimming. The epidemic of disease in this country caused by lack of activity presents us with a perfect opportunity to propose our activity as a solution to this problem and to encourage the general public to join a USMS program near them.

If you have any questions, Bob can be reached at [swimsmart-AT-yahoo-DOT-com](mailto:swimsmart-AT-yahoo-DOT-com)

Information on using the Trade Show Display can be found in the Marketing/Public Relations section of the LMSC Handbook at –  
[http://www.usms.org/admin/lmschb/lmsc\\_hb\\_marketing.pdf](http://www.usms.org/admin/lmschb/lmsc_hb_marketing.pdf)

Or contact Mel Goldstein at [goldsteinmel-AT-sbcglobal-DOT-net](mailto:goldsteinmel-AT-sbcglobal-DOT-net)

## USMS Planner

Back by popular demand! The 2006 USMS Planners will soon be available at the USMS National Office. The Planner is an invaluable resource for keeping track of your swimming activities and progress, as well as a calendar for recording workouts and schedules. Valuable coupons from our sponsors, found in the back of this Planner will save you money on your swimming necessities.

The Planner is free, you just have to send a self addressed stamped (\$.60) envelope (5 x 7) and upon receipt, a Planner will be sent right out to you.

Are you a coach? Are you hosting a meet? Order in quantity and give them out to all your members/participants. Contact the National Office for postage fees.

And... speaking of the USMS Promotional Brochures...

## USMS Brochures

USMS Brochures – Could I Be A Masters Swimmer? Are available at the USMS National Office. The Brochures are free, you just pay for postage (100 fit in a flat rate, USPS Priority Mail Envelope for \$3.85). Contact the National Office for postage rates on larger quantities.