

Streamlines... from the National Office

Greetings from the National Office...

It's hot! One of those 95 degree/high humidity days here in New England. It would be nice to have air conditioning to keep the office cool or maybe a swimming pool that I could jump into. But, I don't have either so I'll just drink my water, chew on my ice cubes and plug away at finishing up this issue of Streamlines...

Once this is out the door, I will start work on the convention packet. Yes, it is true. This year's convention in Dallas/Ft Worth Texas is just around the corner. The packets will be in the mail to all registered delegates and attendees no later than August 12th. They have to be because I'm leaving the next day for LC Nationals – Yikes!!!

2002 Convention Information is on the USMS website. Go to www.usms.org and once at the homepage, click on What's New and then 2002 USAS Convention. For those of you who are going, please be sure to read the Convention Announcements later in this newsletter.

LMSC Chairmen - Have you contacted USMS Secretary Sally Ann Dillon with the names and contact information of your delegates? If not, please contact her ASAP at secretary@usms.org.

Looks like we have a pretty good LC National Championship shaping up at Cleveland State. 1,021 swimmers from 156 clubs. Psyche sheets are up on the USMS Website (under What's New), so check out your competition and get ready for a great meet. Good luck to Pieter Cath, Laura Kessler and all the O*H*I*O volunteers. I'll see you there!

Tracy

Tradeshaw Display

To all LMSCs – if you want the use of the USMS Tradeshaw Display unit for a Health Fair, Marathon, Triathlon, etc being held in your area, please put in your request ASAP. Many LMSCs have had tremendous success in getting new members at these various events. USMS pays for all shipping expenses. For those who cannot calculate, that would be FREE. The Tradeshaw Display unit will be reserved on a first come, first served basis. Contact Mel Goldstein, Public Relations/National Sponsor Liaison at goldstein@mindspring.com

THINGS TO DO...

Listed are **all deadlines** from the USMS Working Calendar. Please read this and use as a reminder. This 2002 Working Calendar is posted in its entirety on the USMS website at: www.usms.org

AUGUST - 2002

1st

- LMSC Registrars send reports to National Office – SWIM MAGAZINE LABEL MONTH!!!
- Deadline for USAS for early convention registration and inclusion in USAS Directory
- Bids for Fitness Events due to Fitness Committee Chair (Pam Himstreet, Fitness@usms.org) equipment requirements from committee chairs and workshop planners due to Convention Committee Chair (Michael Heather, convention@usms.org)
- All proposed rule/code changes from Rules, Long Distance and Legislation due to National Office
- Final SCY Top Ten List sent to printer
- Second Quarter Financial Reports prepared

8th

- Zone Reps submit events for SWIM Calendar to Zone Chair (Lynn Hazlewood, Zones@usms.org)

11th

- Bids for 2004 Long Course, Short Course, and Long Distance National Championships due to Committee Chairs

12th

- Convention packets mailed to all certified delegates

15th

- Editorial material due to USMS SWIM Magazine Editor for November/December issue (Bill Volckening, SWIMEditor@usms.org)

15-18th

- USMS LC National Championships, Cleveland State University, Cleveland, Ohio

31st

- Deadline for submission of ISHOF candidates

Other deadlines this month ~

- USAS sends convention registration list to National Office. Secretary notifies LMSCs who have not sent delegate certifications

SEPTEMBER ~ 2002

1st

- Rule Book cover submissions and bids to print the Rule Book due to Rule Book Editor (Meg Smath – publications@usms.org)
 - Period for 2002 reduced-fee swimmer registration fee begins
 - LMSC Registrars send reports to National Office
- 10-15th
- USMS Convention, Dallas/Ft Worth, Texas
 - Long Distance National Championship Packets distributed to hosts of 2003 events

Things To Do - September continued

Streamlines... from the National Office

30th

- End of LCM season
- Group Exemption 501 (c) (3) status report due to IRS

Other deadlines this month ~

- Changes, additions, deletions for 2003 Working Calendar due to USMS Secretary from Committee Chairs, etc. (Sally Ann Dillon, Secretary@usms.org)

OCTOBER ~ 2002

1st

- LMSC Registrars send reports to National Office – SWIM MAGAZINE LABEL MONTH

8^h

- Zone Reps submit events for SWIM calendar to Zone Chair (Lynn Hazlewood, Zones@usms.org)

15th

- Deadline for coaches Committee to submit announcements to SWIM Magazine for Mentor coach and Swimmer Clinics, NIKE Clinics, and Coach of the Year
- Editorial material due to USMS SWIM Magazine Editor for January/February issue

20th

- LMSC LCM Top 10 reports due to Top Ten Chair (Pieter Cath, TopTen@usms.org)

31st

- End of the 2002 Registration Year. All registrations after November 1st and for 2003

Other deadlines this month ~

- President makes changes in Committee Chairs and committee membership if necessary
- Fall Coaches Committee Quarterly (CCQ) mailed

CONTACT UPDATES

- Lisa Baumann (Metropolitan Sanctions) – last name spelled with 2 n's
- Norman Bower (Iowa Chair) – new area code 563-355-7738
- Hill Carrow (USOTC Liaison) – new e-mail hcarrow@sportsproperties.com
- Kathy Casey (Recognition and Awards Chair) – new e-mails walt.reid@weyerhaeuser.com and KCasey@CloverPark.k12.wa.us
- Katie Cooper (Rules Committee) – new e-mail collie11@earthlink.net
- Caroline Day (Maryland Webmaster) – new phone 410-365-2234
- Suzanne Dills (Inland Northwest Registrar) – new e-mail jacksuedills@msn.com
- Mike Duignan (Virginia Officials) – new address 3192 Gallahad Dr, Virginia, Beach, VA 23456-8291, 757-486-3383, mikeduignan@cox.net
- Jack Fritts (Iowa Treasurer) – home phone 319-396-4496
- Ann Gilbert (Montana Chair) – new e-mail agilbert57@attbi.com
- Sue Haugh (North Carolina Treasurer) – new address 3312 Cobblestone Ct, Raleigh, NC 27607-3120
- Cindy Hawkinson (USA Triathlon Liaison, Colorado Chairman) – new zip code 80109.
- Julie Heather (Southern Pacific Registrar) – new address 957 N El Molino Ave, Pasadena, CA 91104 and phone 626-296-1841
- Michael Heather (Convention Chair) – new address 957 N El Molino Ave, Pasadena, CA 91104 and phone 626-296-1841
- Marion & Richard Johnson (Iowa Registrar) – new area code 563-243-5350
- Ruth Johnson (Iowa Top Ten) – new area code 563-323-7316
- Joanne Leilich – new e-mail joann@trainmaster.com
- Sheila LaMothe (Connecticut Editor) – new e-mail slamothe01@snet.net
- Judy Martin (Virginia Sanctions) – new zip code 23454-6880
- Gladney McKay (Maryland Fitness) – new address 502 Narborough Ct, Severna Park, MD 21146
- Sandy McNeel (Pacific Northwest Editor) – correct spelling of street is Fairview
- Debbie Morrin-Nordlund (Potomac Valley Secretary) – new address 5904 Chestnut Hill Rd, College Park, MD 20740
- Cris Meier Windes (IGLA Liaison) – correct phone number 415-285-5659
- Rick Meier Windes (Legislation Committee) – correct phone number 415-285-5659
- Janna Miller (Alaska Registrar/Treasurer) – new address 561 Derbyshire Dr, Fairbanks, AK 99709

Open Meeting with the USMS Executive Committee

at LC Nationals
Wednesday, August 14th 3-5pm

Please take this opportunity to discuss issues that are important to Masters Swimmers.

Members of the Executive Committee will be present to answer your questions, discuss your concerns, and listen to your ideas.

Remember, USMS is for YOU!

Streamlines... from the National Office

Contact Updates continued

- Edie Mueller (South Dakota Registrar) – new phone 605-978-1873, e-mail swimamerica-sf@sio.midco.net
- Ashley Nance (Oklahoma Editor) – new address 714 W Cheyenne Dr, Stillwater, OK 74075-1413
- Tina Neill (Minnesota Long Distance, Safety) – new phone 651-489-4360 and e-mail polarswim@aol.com
- Eric Nordlund (Potomac Valley Chairman) – new address 5904 Chestnut Hill Rd, College Park, MD 20740 and e-mail ericswims@yahoo.com
- Julie O'Neil (Coaches Committee) – new e-mail julien72@trainsmart1.com
- Alice Phillips (Virginia Fitness) – new e-mail alicewin@verizon.net
- Patty Powis (Safety Chair, Virginia Long Distance) – new e-mail pmpowis@vcu.edu
- Walt Reid (World Records) – new e-mail walt.reid@weyerhaeuser.com
- Jeff Roddin (Potomac Valley Registrar) – new e-mail jroddin@hst.nasa.gov
- Forrest Sullivan (Virginia Treasurer) – new e-mail fmsullivan@cox.net
- Jeanne Teisher (Oregon Chairman) – new fax 503-532-2622
- Dennis Tesch (Utah Chairman) – new e-mail d.tesch@attbi.com
- Anita Walker (Oklahoma Top Ten) – new phone 580-436-4774

NEW LMSC OFFICERS

Adirondack

- Safety – Scott Petrequin, 1037 Tomahawk Trail, Scotia, NY 12032-3335, 518-399-6552, swimscott@worldnet.att.net
- Treasurer – Rita Egan, 141A Vandenburg Place, Troy, NY 12180, 518-274-3873, ciscopaws@yahoo.com
- Registrar – Richard Ruddock, 243 Stow Ave, Troy, NY 12180, 518-273-0356, triman39@yahoo.com

Arizona

- Chairman – Sam Perry, 6133 E Calle Del Paisano, Scottsdale, AZ 85251-4212, 480-423-8877, azperrys@hotmail.com
- Vice Chair – Katy James, 723 E Diamond, Tempe, AZ 85283-3761, 480-897-6411, kjames@todassoc.com
- Secretary - Kathy Bullock, 11802 N 40th Way, Phoenix, AZ 85028, 602-923-1312, kbrnswim@msn.com
- Treasurer – Audra Troccko, 1510 W Sand Cove Dr, Gilbert, AZ 85233, 480-892-3889, atroccko@compucom.com

Central

- Chairman, Fitness, Safety – Mary Pohlmann, 2511 S Park Lane, Carbondale, IL 62903, 618-549-5077, maryp@slu.edu

New LMSC Offices continued

- Webmaster – Ramon Nayar, 23 W Kimbersick, Naperville, IL 60540, 630-781-6266, adminwebcmsa@foreverconnect.com

Colorado

- Editor – Nancy Kern, 733 W Elati Circle, Littleton, CO 80120, 303-738-9760, n-gkern@inetmail.att.net
- Sanctions – Jill Ryan, 2249 S Yank Ct, Lakewood, CO 80228, 303-908-6186, jilleryan@yahoo.com
- Fitness – Laura Smith, PO Box 1313, Vail, CO 81658, 970-926-4435, lsmith@vailresorts.com

Florida

- Sanctions – Christine Swanson, 2536 Maryland Ave, Tampa, FL 33629, 813-254-4514, ctswanson@yahoo.com

Indiana

- Editor – Barbara “Babs” Larsen, 5223 N Pennsylvania St, Indianapolis, IN 46220, 317-257-1988, larsenswimmer@mindspring.com
- Vice Chair- Dick Sidner, 305 Baywood Ct, Noblesville, IN 46060, 317-877-6751, dicksidner@aol.com

Inland Northwest

- Treasurer – Virgil Crampton, E 615 Southview, Colfax, WA 99111, 509-397-2499, vec@vetmed.wsu.edu

Montana

- Registrar – Steve Mauer, 1575 Fox Field Dr, Missoula, MT 59802, 406-327-0739, mauerpower@msn.com

New England

- Coaches - vacant

Niagara

- Editor – vacant
- Sanctions – Amy Johnson, 93 Brinton St, Buffalo, NY 14214, 716-836-4694, acj@acsu.buffalo.edu

Oregon

- Fitness – Sara Quan, 154 SW 10th St, Bend, OR 97702-1966, 541-312-3222, squan01@earthlink.net
- Fitness – Jani Sutherland, 1053 NE Tombstone Way, Bend, OR 97701-6234, 541-389-7718, janiski@aol.com

Pacific Northwest

- Registrar – Arni Litt, 1920 10th Ave East, Seattle, WA 98102-4253, arni@qwest.net

South Texas

- Secretary, Top Ten – Susan Ingraham, 122 W Mossy Cup, San Antonio, TX 78231, 210-493-0388

Wisconsin

- Fitness, Safety – Nancy-Leigh Fisher, N77 W36591 Saddlebrook Lane, Oconomowoc, WI 53066, 920-474-4367, nlfisher@execpc.com

Streamlines... from the National Office

2002 CONVENTION INFORMATION Dallas/Ft Worth, TX September 11-15th

From the President
Jim Miller, MD

The plans for the “unconventional convention” are coming to life. The Executive Committee has worked hard to create an opportunity to maximize the process of networking among committees. Entire blocks of committees will be grouped together to share in problem-solving. When else do we get so much talent in one place at one time? All that energy in one convention will result in the changes that our members want and need. I hear endless questions re. what is USMS and what does it do for me?

The athletes want service on a local level. They want a better training experience (usually coached) and more opportunities to train. They want a communication network that works, either there on-line or in their mail box. They want to learn, improve strokes, and have fun while doing it. If we work on a local level to provide this and effectively market the opportunity, we simply will need to support our local organizations as the athletes give us a try. The product will need to be in place when they come though. These goals will be welcomed by fitness and competitive athletes alike.

USMS has an opportunity to provide Americans with an example of how to reverse the downward slide that our country is seeing in the areas of fitness and health. Our population is one of the least fit on this planet, and it is no surprise that we are also one of the highest consumers of healthcare dollars per capita. I wish that the high costs indicated that Americans are healthier than anyone else, but that clearly is not the case. USMS has a vision and a plan. Execution of both and marketing (“spreading the word”) are just some of the major goals of our Dallas convention.

Convention Packets

Convention packets (which include the convention schedule, USMS Officer, Committee, Liaison & Special Assignment, and National Office reports, meeting agendas, Legislation, Rules & Long Distance proposed changes, Legislation and yearly reports and agendas) will be sent by August 12th to all who have registered for convention.

Need a Roommate?

Tracy has agreed to provide her “matchmaker” services again this year. If you need a roommate for convention,

contact her at the National Office and she will put you on the list and hopefully match you up.

Morning Workouts

We will be sharing the 22 lane pool at Carroll ISD Aquatics Center in Southlake with USA Swimmers. Workouts will take place Wednesday, Thursday, Friday and Saturday mornings from 6-7:15 am. Information about transportation will be available at the certification/registration table at convention.

Coaches Seminar & MACA Meeting

The Coaches Seminar and MACA Meeting will be on Wednesday, September 11th from 1:00-4:00 pm. All are welcome and may drop in anytime as you arrive at the hotel. If you have any questions, please contact Mike Collins, Coaches Committee Chair at Coaches@usms.org

Sports Medicine Presentation Shoulder & Core Stabilization – Matt Wren

Wednesday, September 11
7:15 – 8:15 pm

Convention and Baseball

What great luck, the Seattle Mariners and Texas Rangers are prepared to entertain delegates who are in Dallas/Ft. Worth on Tuesday, September 10th! The Pacific Northwest LMSC delegates are reserving a block of tickets for USMS delegates and friends. Since it is a Tuesday game, all tickets are ½ prices, so how can you possibly resist! We'll be in the upper box on the 3rd base (visiting team) side for only \$8. Game time is 7pm.

Sign up today and recruit others. To reserve a spot, e-mail Sally Ann Dillon at salswmmr@earthlink.net. A group of 100 or more is needed for video screen recognition – WOULDN'T THAT BE GREAT!

If you'd like to pay in advance, send a check for \$8 to Jan Kavadas, 217 Alder Street #305, Edmonds, WA 98020. Please RSVP by August 20th

Are you bringing a lap top computer?

From Convention Chair, Michael Heather – There will be external power supply in the House of Delegates rooms on Friday and Saturday, but we do not know the amount of convenient outlets. Please bring an extension cord to make sure you can “plug in”.

2004 Bids Due

Bids for 2004 Long Course, Short Course, and Long Distance National Championships due to Committee Chairs by August 11th.

Long Course/Short Course Bids

Barry Fasbender – Championship@usms.org

Long Distance Bids

Peter Crumbine – LongDistance@usms.org

From Peter Crumbine - Only a few Long Distance bids have been received to date, so untimely bids still have a chance. The LD committee encourages all interested organizations to participate, particularly first time bidders.

If you did not receive the bid application and would like to, please e-mail Peter at LongDistance@usms.org. Site/host selection for the 2004 events will occur at the Long Distance Committee meeting scheduled at the USMS Convention in Dallas/Ft. Worth, TX on Thursday, September 12th, but committee review will take place prior to convention.

Selection will be based on the suitability of the bid received, the area in which the event is to be held, and the timeliness of the submission. Bid presentations are not necessary, but it is recommended that a representative be present at convention to answer any questions the committee might have.

The current USMS Long Distance Calendar may be accessed at:

<http://www.usms.org/comp/ldcalendar.htm>

You may add long distance events to the calendar by filling out the form at:

<http://www.usms.org/comp/eventform.shtml>

USMS Dorothy Donnelly Service Awards

Deadline is July 30th

Nominations for the Dorothy Donnelly USMS Service Award are due by July 30th.

Nominate someone who has done extraordinary service for Masters swimming your LMSC, zone, or at the national level. Simply write a letter outlining that person's service to the organization.

For recognition at the 2002 Convention, please submit on or before July 30, 2002. Nominations should be sent to:

Kathy Casey, Chair
Recognition & Awards Committee
11114 – 111th Street SW
Tacoma, WA 98498
Awards@usms.org
KCasey@CloverPark.k12.wa.us

Anyone who would like a list of all past winners of non-competitive awards (Ransom Arthur, Dorothy Donnelly USMS Service Award, Coach of the Year and Newsletter of the Year), e-mail Kathy at the above address.

2003 Rule Book Cover Submittals are due by September 1st

Submit a **finished design** (not a preliminary sketch) that is **5 1/2 inches wide by 8 1/2 inches high** and must use the **phrases "United States Masters Swimming"** and **"2002 Rules"** in the design as well as the USMS logo (including trademark sign). Your design can be a line drawing, full color photograph – anything goes! I can not wrap around to the back cover (which is sold as an ad).

Mail entries to: Meg Smath, Publications Committee Chair, 171 Creekwood Way, Nicholasville, KY 40356-8761.

All submissions become the property of USMS; we will ask each contestant to sign a release.

The winner will be chosen by the Publications committee at it's meeting at the USMS Annual convention in Dallas/Ft. Worth, Texas.

After the winning design is chosen, USMS will pay for color separations and any modifications requested by the Rule Book committee. Expenses incurred before the winning design has been chosen are the responsibility of the designer.

Any questions – contact Meg at work 859-257-5500 or home 859-885-9184 or send e-mail to publications@usms.org

Streamlines... from the National Office

ARTICLE 502.7 RECORDS AND RECORD KEEPING

Each LMSC shall comply with the financial record keeping and reporting requirements of USMS. **The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports within 4 months of the end of the LMSCs fiscal year** or by April 30, 2002.

Below are the LMSCs who's **2001 Financial Reports HAVE NOT** been received by the National Office:

Midwestern, Missouri Valley, Montana,
Ozark, South Dakota, Southeastern

Below are the LMSCs who's **2001 Annual Meeting Minutes HAVE NOT** been received by the National Office:

Gulf, Indiana, Iowa, Maryland,
Metropolitan, Midwestern, Missouri
Valley, New Mexico, Ozark,
Snake River, South Dakota,
Southeastern, Utah

Below are the LMSCs who's **2002 Annual Meeting Minutes HAVE** been received to date by the National Office:

Alaska, Arizona, Minnesota, Niagara,
Ohio, Oregon, South Texas

EDITORIAL CALENDAR FOR SWIM

To Committee Chairs, Liaisons and Special Assignments

The USMS Communications Committee is in the process of writing the 2003 Editorial Calendar for SWIM Magazine. We would like to present a working draft of this calendar at convention in September. Since we are trying to prepare this calendar in advance, we would like to solicit your ideas about materials your committee may be planning to generate in the coming year. These materials may include feature stories, columns, new segments and announcements.

If you are planning any items, they must be written into our editorial calendar – so, please tell us the following:

1. Description of item
2. Proposed length (either in number of pages or word count)
3. Proposed author
4. Name of committee and committee chair proposing the item(s)

Please submit all proposed items for the 2003 Editorial Calendar by August 16, 2002. Please email them to Bill Volckening, USMS SWIM Editor at: SWIMEditor@usms.org

FITNESS BOOKLET

The Fitness Committee is in the process of producing a Fitness Booklet for 2003. Compiled by Jody Welborn, this booklet will cover Fitness topics as they relate to swimming.

Nutrition, Health, Motivation, Dryland, Fitness Events and Exercise Programs in general are a few of the topics.

The booklet will be sent to LMSCs and will be online at www.usms.org under the Fitness section

Technical Rule Changes to Conform to USA Swimming Rules

Effective Date – June 1, 2002

In accordance with USMS rule 601.4.6B, the rules of competition within USMS have changed due to actions taken by the USA Swimming Rules Committee on or about June 1, 2002 and the USMS Rules Committee on June 28, 2002. The actions by USA Swimming were in response to a request for interpretation of the USMA Swimming rules in light of the current FINA rules.

Summary of Changes –

Backstroke: To permit the movement of toes and feet above the surface of the water after the start signal is given. Toes, however, may NOT be brought over the top of the gutter.

101.1.2 BACKSTROKE (page 13)

B – All courses – The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time. A backstroke starting block may not be used.

Are you traveling to Melbourne Australia for the World Masters Games in October?

The National Office received this message from Carol Cooke –

I am a transplanted Canadian living in Melbourne Australia. I am also the President of the Yarra Roughies Masters Swim Club in Melbourne. I would like to invite swimmers who may be coming to Melbourne in October for the World Masters Games to come and train with us.

- We are a club of approximately 40 members and have been around for about 7 years
- We train at the Fitzroy Pool which is located on Alexandra Parade in Titzroy. We are approximately 3 kms from the centre of Melbourne and very accessible by public transport.
- The Fitzroy Pool is a heated 50 metre, 8 lane, outdoor pool
- Training times are as follows - Specific Masters training Mon & Wed 6:30-8 pm, Sat 8:30-10 am (usually followed by breakfast on Brunswick Street, on o the cities trendiest areas!)
- Other swim Squad training times (catering to mostly Freestyle/Triathletes) – Mon, Wed, Fri 6-7:30 am and Fri 6-7 pm
- We are a club made up with a number of different nationalities – Australian, New Zeland, Canada and Great Britain

We are excited about Melbourne hosting the World Masters Games and look forward to meeting swimmers who will be attending.

If you are interested, I can be contacted at cazc@bigpond.com