

Streamlines... from the National Office

Winter 2006



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**United States
Masters
Swimming**

Greetings from the National Office...

Hi All –

I'm just back from the USMS Executive Committee and Board of Directors meeting in The Woodlands, Texas at the Marriott, January 26-29th. All, together in one place, face to face, dedicated to USMS, for an entire weekend!!! The agenda was tackled, amazing work accomplished. It was an honor to participate with so many people who are so dedicated to USMS and our membership. You will see an abbreviated report later in this newsletter. Minutes will be posted up on the USMS website soon.

A special THANKS goes out to Tom and Carolyn Boak. Tom who organized the entire meeting from airport pick up to room accommodations to swimming workouts and Carolyn who created a MOST delicious meal at their home for us on Friday night. To Becky Buckner & Sohrab Tafreshi and The Woodlands Masters Swim Club for hosting a wonderful party for us on Saturday night. And also to Dale Neuburger for attending our meeting on Friday and making USMS feel that we are very much an equal in USAS.

Rule Books, Mini Rule Books, Planners and LMSC Handbooks have been shipped. Registrars and Club Contacts – your Club Certificates and Rule Books will start to be shipped next week. Please review this information - It is your responsibility as an LMSC/Club officer to be informed!

This is a huge issue. Please be sure to read it all and pass on any information to your membership. Hope to see you all at SC Nationals in Coral Springs and 2006 FINA Masters Worlds in Stanford.

Happy Swimming ☺

Tracy

THINGS TO DO...

Listed are all deadlines from the USMS Working Calendar. Please read this and use as a reminder. This 2006 Working Calendar is posted in its entirety on the USMS website at:

<http://www.usms.org/admin/lmschb/workingcalendar.pdf>

FEBRUARY 2006

1st

- Convention Coordinator (Victor Buehler – Convention at usms dot org) sends 2006 requirements to USAS
- 4th quarter financial reports prepared by USMS Controller (Margaret Bayless – Controller at usms dot org)

8th

- Preliminary SCM Top 10 mailed to LMSC Top 10 Chairs and Records and Tabulation Committee members for proofreading
- Zone Reps submit list of events for USMS *SWIMMER* calendar for May/June issue to VP Local Operations (Julie Heather – VPLocalOperations at usms dot org)

15th

- LMSC registrars send registration reports to National Office (electronic files sent to Esther at Registration at usms dot org, hard copies and checks sent to Tracy at the National Office)
- Call for Ransom Arthur nominations sent to LMSCs (in this newsletter) and USMS *SWIMMER* from USMS Recognition and Awards Chair (Kelly Crandell – Awards at usms dot org)
- Editorial material due to USMS Editor for May/June issue of USMS *SWIMMER* (Bill Volckening – Editor at usms dot org)
- Long Distance and Pool All-American listing due from Records and Tabulations Chair (Mary Beth Windrath – TopTen at usms dot org) and Long Distance Chair (Marcia Cleveland – LongDistance at usms dot org) to USMS Editor

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(Bill Volckening – editor at usms dot org) for May/June issue of USMS *SWIMMER*

22nd

- Responses due from SCM Top 10 proofreading to Records and Tabulation Committee Chair (Mary Beth Windrath – TopTen at usms dot org)

Other deadlines this month

- Pre-meet site visit by Championship Committee liaison to SC Nationals host (Coral Springs Aquatics Complex, Coral Springs, Fla.)

MARCH 2006

1st

- SCM Top 10 list sent to printer

15th

- LMSC registrars send registration reports to National Office (electronic files sent to Esther at Registration at usms dot org, hard copies and checks sent to Tracy at the National Office)
- Summary of liaison reports due from Executive Committee members to President (Rob Copeland – President at usms dot org)

20th

- Call for USMS Service Award nominations to LMSCs from USMS Recognition and Award Chair (Kelly Crandell – Awards at usms dot org)

30th

- Postmark entry deadline for 2006 SC Nationals

Other deadlines this month

- Final call for 2006 Mentor Coach and Swimmer Clinic applications
- Final call for 2006 Open Water Clinic applications
- Plans and information for 2006 Masters Coaches Conference distributed
- Notify sponsors of SC Nationals due dates for booths, banners and ads

APRIL 2006

1st

- Midyear reports (committee chairs, appointments) due to EC liaison

6th

- Received-by entry deadline for 2006 SC Nationals

8th

- Zone Reps submit list of events for USMS *SWIMMER* calendar for July/August issue to VP Local Operations (Julie Heather – VPLocalOperations at usms dot org)

15th

- LMSC registrars send registration reports to National Office (electronic files sent to Esther at Registration at usms dot org, hard copies and checks sent to Tracy at the National Office)
- Editorial materials due to USMS Editor for July/August issue of USMS *SWIMMER* (Bill Volckening – Editor at usms dot org)
- EC liaisons send midyear reports to National Office Administrator (Tracy Grilli – USMS at usms dot org) for publication in the spring issue of *Streamlines ...*
- Ransom Arthur ballots due from Recognition and Awards Committee members to Chair (Kelly Crandell – Awards at usms dot org) for tabulation
- USMS Secretary (Meg Smath – Secretary at usms dot org) notifies LMSCs of delegate entitlements for 2006 convention
- First call for requests for Delegate-at-Large appointments – due in writing to President (Rob Copeland – President at usms dot org) and Secretary (Meg Smath – secretary at usms dot org)

25th

- Deadline for submission of information to be included in the spring issue of *Streamlines ... from the National Office*

30th

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- LMSC minutes of 2005 annual meetings and copy of 2005 financial statements due to National Office from all LMSCs
- Spring issue of *Streamlines* ... sent via email or snail mail

Other deadlines this month

- All-American roster prepared and congratulations sent from President
- Coaches Chair (Bob Bruce – Coaches at usms dot org) checks progress with LSMC Coaches Reps

MAY 2006

1st

- Delegates from 2005 and LMSC chairs receive convention registration packet for 2006 convention via email or snail mail from the National Office
- Cost-center heads receive budget forms (for 2007 budget) from Finance Chair (Jeff Moxie – Finance at usms dot org)

4-7th

- USMS SC National Championships, Coral Springs Aquatics Complex, Coral Springs, Fla.

13th

- Ransom Arthur award winner announced at SC Nationals.

15th

- LMSC registrars send registration reports to National Office (electronic files sent to Esther at Registration at usms dot org, hard copies and checks sent to Tracy at the National Office)
- Controller's filing deadline with IRS for Form 990
- Convention Coordinator (Victor Buehler – Convention at usms dot org) sends out final notice to committee chairs regarding equipment requirements for convention
- First quarter financial reports prepared
- USMS Secretary (Meg Smath – Secretary at usms dot org) sends reminders to LMSCs for

names of delegates to 2006 convention, Dearborn, Mich.

18th-21st

- YMCA National Championships, ISHOF, Fort Lauderdale, Fla.

20th

- National Office sends reminder to LMSCs of July 10th deadline for submission of proposed code amendments

CONTACT UPDATES

- Victor Buehler (USMS Convention Coordinator) – pigasus at alltel dot net
- Marcia Cleveland (USMS Long Distance Chair) – marciac644 at gmail dot com
- Mo Chambers (Coaches) – 1560 La Vista Rd, Santa Barbara, CA 93110, 805-569-3775, moswimm at cox dot net
- Kim Crouse (Championship) – crouse_kim at hotmail dot com
- John Daily (History & Archives) – jrdaily2 at verizon dot net
- Jean Fox (Southeastern Registrar) – bandj117 at charter dot net
- Lucy Johnson (Finance & Planning) – lucyjohanson at charter dot net
- Leo Letendre (USMS VP of National Operations) – 20E Flintlock Rd, Ledyard, CT 06339
- Lisa Watson (Georgia Chair) – lwatson at gsc dot edu

NEW LMSC OFFICERS

Arizona

- Editor – June Hussey
- Treasurer – Gregg Smith, gregglaptop at msn dot com

Colorado

- Chairman – Heather Hagadorn
- Vice Chairman – Bob Patten

Florida

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- Coaches – Joe Biondi, coachjoeb at knology dot net
- Coaches – Ed Nessel, ednessel at aol dot com

Florida Gold Coast

- Chairman – Debbie Cavanaugh
- Vice Chairman – Gier Ingolfsrud 2985 Oak Park Cir, Davie, FL 33328-6727, 954-383-1669, geir at hjcyachts dot com
- Secretary – Jon Olsen, 18 SE 12th Ave, Ft Lauderdale, FL 33301-2006, 954-522-5315, jonolsenrealtor at aol dot com

Illinois

- Chairman – Nadine Day
- Coaches – Brian Cunningham, cunninghambrian at hotmail dot com
- Officials/Safety – Richard Mueller, 630-932-9583

Lake Erie

- Chairman – Laura Kessler
- Secretary – Georgian Peric, 19759 Upper Terrace, Euclid, OH 44117, 216-486-7965, gperic at hotmail dot com

Metropolitan

- Coaches – Conrad Johnson
- Officials – Holger Fietkau, holgerfusa at aol dot com
- Top Ten – Richard Arluck, 46 Birchwood Park Dr, Syosset, NY 11791, 516-446-4486, rarluck at optonline dot net
- Webmaster – Jason Troiano, 38 Rebecca Ln, Carmel, NY 10512, jasonwt at optonline dot net

Michigan

- Editor – Sally Guthrie

New Jersey

- Long Distance – Jeff Jotz, 1125 Jaques Ave, Rahway, NJ 07065-3926, 732-382-9419, jjotz at mac dot com

North Carolina

- Chairman – Joe Gosha, 140 Lake Concord Rd, Unti D 12, Concord, NC 28025, 704-425-9974, jgosha at foursquare dot org
San Diego-Imperial
- Co-Registrar – Mark Wussler
- Treasurer – Marilyn Fink
South Dakota
- Chairman – Phil Hurley, phil.hurley at sdstate dot edu
- Vice Chairman – Chuck Baechler, cbgaechler at hotmail dot com
- Registrar – Mary Turner, turnlaw2 at iwon dot com

USMS EXECUTIVE COMMITTEE

&

BOARD OF DIRECTORS

MIDYEAR MEETING

January 26-29th

The Woodlands, Texas

Full minutes of the Executive Committee Meeting and Board of Directors Meeting can be found on the USMS website. Below are “highlights” from the meetings.

Online Meet Entry

The USMS Board of Directors adopted a policy to allow online entry for USMS sanctioned events. Additionally, the Board adopted a policy by which National Championships (both pool and long distance) shall allow entrants to register for the event on paper even if online entry is utilized. USMS Legal Counsel (Patty Miller) was charged to create a preliminary document of guidance to sanctions chairs about the criteria that must be established before sanctioning an event with online entry. The final guidelines will be developed by the Legislation Committee.

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Basically what these policy statements do is to make an official statement approving the already common practice of online event entry. And it provides our sanctions chairs with guidance on what is needed for these events to follow USMS procedures.

Online Event Entry – Preliminary Guidance To Sanctions Chairs

Before issuing a sanction for an event that will utilize online entry, the Sanctions Chair must receive assurance of the following from the event host:

- The online entry system must include the language of the liability release set forth in USMS Rule 203.1, or 301.3 for open water events, and an affirmative method for indicating acceptance of the liability waiver (e.g., "I accept" button). The liability release and acceptance should be designed in such a manner that it is clear to the entrant that he or she is accepting the terms of the liability release.
- The online entry system must operate such that the entrant may not proceed to completion of the entry without affirmatively clicking acceptance of the liability waiver.
- Records that evidence acceptance of the liability release must be maintained by the event director or sanctioning LMSC for at least the period of the personal injury or wrongful death statute of limitations, whichever is longer, for the state in which the event takes place. The last search of such statutes of limitations in 2004 revealed that the longest state period was six years.
- The online entry system must include a method for determining within reason that the entrant is the person accepting the liability release.
- The event director must verify that the entrant/participant is a USMS member, consistent with USMS Rule 202.1.1F(4). This may include such methods as electronic verification of the USMS membership number or requiring participants to show their USMS

membership cards prior to participating on the day of the event.

- While in-person signing of the liability release on the day of the event is not required, sanctions chairs and event directors are free to include this requirement for extra assurance of compliance with the release requirement.
- USMS National Championships (both pool and long distance) shall allow entrants to register for the event on paper even if online entry is utilized.

Please direct any questions regarding these policies and guidelines to the USMS vice president of national operations (Leo Letendre at VPNO at usms dot org)

Online Registration

- A task force was created which includes: VPs National Operations, Local Operations and Member Services, Registration Chair, Database Administrator and Controller.
- A general outline of what is needed was discussed and USMS will introduce this as a phased approach.
- Plan on 2007 registration year implementation
- Basics of how it will work - Member registers online, information will go back to the local registrar, who will input into the registration database, track money and send on to the NO.

Dale Neuburger, President of USAS and FINA Vice President

- Explained for the new board members the function of USAS and the role USMS has as an NGB and full member of USAS
- Informed us on Worlds/Masters programs, FINA, ASUA, other NGBs
- Discussed our FINA Masters Representatives (formerly June Krauser, presently Nancy

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Ridout): These are highly competitive positions and we must select strong representatives in order to maintain our position.

Convention Planning

- Theme – What’s Up?
- A schedule “draft” was created which will include LMSC Workshops

Worlds

- How do we use this experience to springboard to another championship – looking forward to the next event.
- Allocate up to \$10,000 to invest in creating a short documentary about Worlds
- A task force was created including: Jim Miller (Chair), Michael Moore, Michael Heather, Connie Barrett and Carolyn Boak, who will report in 30 days

Executive Director Search

- The search firm of Anderson & Associates from Charlotte, North Carolina, was selected.
- Compensation range – portion being performance based, base salary of \$80-100,000, performance-based bonus potential up to \$120,000 total (goals and stretch goals), not including benefits
- Benefits package – not to exceed 30% of base salary. A task force (out of Finance) will create the package – Sarah Welch, Jeff Moxie and Laura Winslow have been named to the task force so far.
- Once hired, ED will be responsible for all the employees – salary, promotion, evaluation

- Job description - task force will work with Anderson & Associates in creating a job description
- Additional expenses may include office set up expense, travel, clerical assistant

Emails to the Membership

- A check-off box for 2007 registration year beginning November 1, 2006, will be added to the USMS registration form that will allow members to opt out of email and other communications from USMS.
- Email will be restricted to USMS information of interest to the membership

Timeline for Request for Information

- Magazine deadlines - moved up two weeks so magazines arrive on time. Delays are due to issues with the USPS
- National office does receive extra copies of each issue and will send out to members who miss the deadline if requested
- Newsletters – Editorial Committee looking at a policy - cost/time of other LMSCs using the *SWIMMER* mailing to include their newsletter
- Survey – once approved by Finance, hope to conduct survey and have results for Editorial Committee planning meeting

WHAT ARE THEY DOING NOW???

After four years of serving on the Executive Committee, I asked our newly retired members – What are you doing, now that you have all this “free time”? Below are the responses I received.

Scott Rabalais (Immediate Past Vice President)

Scott Rabalais continues to serve as head coach of the men's and women's swim teams at Savannah

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College of Art and Design, both of which are ranked third in recent NAIA polls. He has recently started a new venture called "Swim Clips" that offers comprehensive personal video analysis for competitive swimmers, including Masters (details at www.swimclips.com). He continues his affiliation with Masters administration by leading a task force to raise funds for USMS members affected by Hurricane Katrina. Scott is in the water daily at 5:20 a.m. and continues to enjoy family life with wife Muriel and sons Ross (9) and Ryan (6), both of whom are swimmers.

Sally Dillon (Immediate Past Secretary)

I can sure tell you what I'm NOT doing – spending endless hours on email every day! My message load has dropped to usually less than 10 a day and I am loving that. But I've managed to fill my "free" time pretty well. I am still Long Distance Chair for PNA and try to get to their meetings in Seattle. And I'll be chair of awards for our 2007 nationals. I have taken over monthly newsletter responsibilities for my AAUW branch and actually make it to most of our meetings. In my own community, I have been elected to the Park and Recreation Board and am already the vice chair (like anyone else wanted the job!). I continue to drive Glen to and from therapy appointments and the latest schedule involves a trip to Redmond, WA, twice a week. It takes 1:35 each way (on a good day) and his appointment is 2:30 long so this activity eats up the day pretty well. Fortunately I have a nice pool to use nearby and plenty of time to use it so I can get in some extra swims. And there is some mighty-fine shopping in the area too! So . . . I seem to be keeping pretty busy.

Doug Church (Immediate Past Treasurer)

Personal: Enjoying my grandkids! Professional: Working hard at my law practice. Organizations: Elected vice president of the Indiana State Bar Association last fall and starting a three year run through the chairs. Swimming: Trying to figure out

how to beat Mel's team in the state championships and staying in shape!

Lynn Hazlewood (Immediate Past Zone Chair)

No big news here. I'm doing the same thing I was doing before - SWIMMER and website. Only thing is I'm doing it as a committee chair (Editorial) and have a lot of help from my committee members and my EC Liaison Mark Gill.

WEB TOOLS FOR YOU!!!

Did you know that we have tools in place on the USMS website for the local organizations to provide current information and updates, that are not being used? As a service to your membership, the below areas should be updated on a regular basis. If your LMSC/Club does not have a volunteer in place, it is highly recommended that you appoint someone or at least spread the word so the appropriate people know of these pages.

- 1) The **places to swim** database – there is a great amount of wrong pool/workout/contact information listed on the Places to Swim page. Suggestion - send an email to your club contacts, workout group coordinator, facility operator asking them to view/update their information.
- 2) The current **top times** database – there is a volunteer who posts the meets. Our volunteer can't post a meet if it is never sent! Suggestion - follow up with your meet directors, encouraging them to submit their information.
- 3) **Calendar of events** - there are tools on the website that allow you to list an event. Suggestion – let your meet directors know this page exists; it may generate more swimmers at their event!

The Communications Committee is interested in seeing that these tools be used and our information be as complete and accurate as possible.

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REGISTRARS!

Check (fan) your registration cards before printing (those of you using 4 to a sheet). A report has come in that sheets of cards may be upside down.

2006 XI FINA WORLD MASTERS CHAMPIONSHIPS

The XI FINA World Masters Championships is less than six months away. The Local Organizing Committee is continuing its work to make the championships the best for the athletes and the best remembered Masters championship event.

Meet books have been sent out to all USMS LMSCs, and to all USMS clubs. They have also been sent to all the 191 Federations in the FINA family. The meet book is also available online at <http://www.2006FINAMasters.org>. We hope that all swimmers will look at the book and consider competing at the championships.

In the book and on the website are qualification times for the championships that should have been achieved within the past two years. If you have not swum in a long course meet in the past couple of years, Mary Pohlmann worked on the translation of the qualifying times from short course yards to long course meters. Swiminfo.com also has a conversion program for short course meters to long course meters.

Those times can also be used as a goal for swimmers who have trouble meeting the USMS LCM Q times.

Online registration should be available by the end of February.

The Organizing Committee wants to encourage athletes to enter the meet and for the first 1,000 competitors who enter the meet, the Organizing Committee will have a nylon bag with the meet logo on it. Swimmers will be able pick up the bag when they register at the meet in August.

The Organizing committee is trying to encourage camaraderie by having the relays on one day. The relays will take place in the Belardi pool (an all deep-water pool). Teams will have to submit their entries along with a time by the meet deadline - June 3. However, the final names for the swimmers do not have to be submitted until 1 pm the day before the meet.

The organizing committee wants coaches to be recognized, so for any team that has 20 swimmers entered, the coach will get a XI FINA World Championships coaches shirt. This Speedo polo shirt will only be available to coaches whose teams send 20 or more members.

Also, for teams that have 50 or more swimmers entered by April 15th, the coach will get a Speedo swim bag.

Swimmers will also be able to enter, yet change their times until the meet entry deadline date.

The LOC blocked over 26,000 room nights in hotels on the San Francisco peninsula for the meet. The rooms in the Palo Alto hotels have been pretty much booked, but there are great deals on hotel rooms in Santa Clara and San Mateo. We are sure that you will always be able to find rooms for the meet, but if you want rooms that are close to the meet venue, now is the time to book if you have not booked.

Now is the time to do it. When booking a single room, your Visa or MasterCard will not be charged until

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If you are booking ten or more rooms, contact Shannon Sullivan shannon@2006FinaMasters.org. Shannon has a lot of experience of working with teams.

For traveling and car rental, there are discounts available for some airline and auto rental firms. Information is in the meet booklet. When making the reservation you must use the discount code that is in the meet book. The airlines are expecting a good summer this year, so seating may be tight. If you think that the price of gasoline will be going up, make your reservations now.

The meet will have many social activities so that swimmers can gather and meet. Americans will be hosting the meet, so it will be time to extend American hospitality to visitors from foreign lands. While the success of the meet will depend upon 100,000 Masters swimmers making 100,000 individual decisions about coming to Stanford for the championships, I hope that you decide to come to Northern California, to have fun, compete and enjoy the camaraderie that is Masters swimming.

The Organizing Committee looks forward to meeting you in August at Stanford.

USMS PLANNERS AVAILABLE

The 2006 USMS Planners are 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 (\$.87) envelope (4 x 6 or 5 x 7) and upon receipt, a Planner will be sent right out to you.

For quantity orders, contact the national office for shipping prices.

RANSOM ARTHUR AWARD NOMINATIONS

The Ransom Arthur Award is USMS's most prestigious award. It is presented annually to the person who is deemed by the committee to have done the most to further the objectives of Masters swimming programs.

GOALS AND OBJECTIVES

- A. To encourage and promote improved physical fitness and health in adults.
- B. To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- C. To encourage organizations and communities to establish and sponsor Masters swimming programs.
- D. To enhance fellowship and camaraderie among Masters swimmers.
- E. To stimulate research in the sociology, psychology and physiology of Masters swimming.

Any member of USMS may nominate a worthy person for this award. Each nomination:

1. MUST be endorsed by an LMSC.
2. MUST be limited to a one-page-only (8 1/2" x 11") application form (attached).
3. Should include a single, one-page-only letter of endorsement.

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The one-page application form may be produced on computer or submitted on the attached application form. Computer-generated application forms must be one page only and must follow the exact format and order of information as shown on the attached application form. Application forms longer than one page or using a different format will be returned. ONE, one-page letter of endorsement may be submitted. Any additional material will not be considered. Electronic submissions will be accepted.

Nomination deadline is March 20, 2006. All completed nomination forms must be in the hands of Kelly Crandell, Recognition and Awards Chair, on or before that date. They will then be circulated to Recognition and Awards Committee members who will give careful consideration to all nominations and make the final selection. The award recipient will be announced at the 2006 Short Course Nationals in Coral Springs, Florida, in May.

DOROTHY DONNELLY USMS SERVICE AWARD

Each year, USMS honors up to 15 of its many talented volunteers with the coveted Dorothy Donnelly USMS Service Award. The awards will be presented in the House of Delegates at this year's convention. If you know of a person whose service is outstanding in its scope, its impact on the program, and in the number of members who have benefited from this individual's efforts on the local, regional or national level, consider nominating that person for the award.

For more information, contact Kelly Crandell at (253) 267-1367 or kelly.crandell@usms.org. To submit a nomination, write a one-page letter detailing why the candidate is deserving of the award and send it to Kelly Crandell, Recognition & Awards Chair, 1642 S Winnifred St, Tacoma, WA 98465, or submit it electronically to kelly.crandell@usms.org

usms.org. Nominations must be received by July 30, 2005.

Nomination form is attached with this newsletter.

RULES CORNER

Kathy Casey, Rules Committee Chair

Breaststroke

There have been questions about when the dolphin kick may be taken during the breaststroke and also about the order of the kick and pull of the breaststroke.

The single dolphin kick may be taken during or at the end of the first arm pull-down after the start and after each turn.

The official interpretation is as follows: "...during, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is not permissible prior to the arm pull-down." This quote is from Bruce Stratton, Chair of the USA Swimming Rules and Regulations Committee, and is part of the official interpretation published regarding the recent rule changes for breaststroke and backstroke. The full text can be accessed at usaswimming.org, click on volunteers, click on officials, click on rules and regulations, and click on the link to the interpretations in the 2nd paragraph on that page.

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Streamlines... from the National Office

Winter 2006



Swimming for Life! • www.usms.org

The breaststroke must begin with an arm stroke; "...the stroke cycle must be one arm stroke and one leg kick in that order." (101.2.2, 3rd sentence, p. 16 of the 2006 USMS Rule Book).

For any questions about rules contact Kathy Casey, USMS Rules Chair, at rules@usms.org.

NEW RELAY ALL AMERICAN CERTIFICATES

Mary Beth Windrath, Ginger Pierson, Doug Garcia and the National Office teamed together to create a new "full sheet" Relay All American Certificate.

These certificates are full sheet (previous ½ sheet) and will now include the names of the entire relay team (previously - just the one member), with the recipient's name standing out by being bolded and italicized. The certificate will also include the event, course, age group and date.

USMS LONG DISTANCE POSTAL NATIONAL CHAMPIONSHIP

Marcia Cleveland
USMS Long Distance Chair

Here's some motivation for you or those you swim with or something to just pass along to your e-mates.

USMS holds five long distance postal championships each year: the One Hour, 5K, 10K, 3000 yd. and 6000 yd. events.

Swimmers who complete all five championships in the same year, titled the "USMS Long Distance Postal National Championship," will be sent a participation patch to honor their achievement.

This series is a great and rewarding challenge. What you must do is COMPLETE and ENTER each of the five events.

An annual timeline is:

January - the One Hour Swim - The One Hour Swim can be swum in either a 25 yard, 25 meter, or 50 meter pool, with all entries eventually converted to yards.

May 15-Sept 15 - 5000 meter AND 10,000 meter - The 5 & 10K must be swum in a 50 meter pool.

Sept 15 - Nov 15 - 3000 yard and 6000 yard - The 3000 & 6000 yard events must be swum in a 25 yard pool.

Out of these five events, the 10K is definitely the hardest and longest. (But just relax for now.) The logistics of setting it up, allowing for enough pool time, and then convincing someone to time for you are challenging enough, but the actual swim itself is a good day's work.

On the easier side, the 3000 is simply pure delight! After the 10K, this one is over before you know it, and you're eating a meal with your timer long before you'd be finished with your 10K.

All of these entries are available online at <http://www.usms.org/longdist/ldnats06/>

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