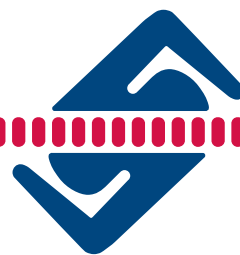


National Office Streamlines

Swimming for Life! • www.usms.org

Spring 2008



United States
Masters
Swimming

Greetings from the National Office...

This is the hardest part of writing this newsletter, the opening article! Where to begin, where to begin. I'm thinking Australia would be a good place, Perth to be exact.

In April, the Grilli's made the 2008 FINA Masters Worlds a family vacation, David and I competing, the kids (Victoria and Luke), relaxing and sight seeing. It was my first trip out of the country and man that was a long flight. We figure that you can't get any further away from Londonderry NH than Perth, Australia. I swam (did okay), played water polo (had a blast) and competed in the open water swim (ended up with more bruises from this event than from water polo). It was a wonderful experience and I'm looking forward to Sweden in 2010!

I flew directly from Perth to SC Nationals in Austin. After 2 delayed and 1 missed flight, I had some serious thoughts about just going home. Sure glad I didn't—I had a good meet and it was great to see so many of my USMS friends!

Next up is Masters Water Polo Nationals (June 6-8 in Moraga, CA) where I'll be competing with fellow Masters Swimmers Debbie Cavanaugh (FG), Lisa Dahl (PNA), Renee Sonne (AZ) and new to the Flamingo team – Suzanne Heim-Bowen (PC) and Lianne Crittenden (PC). Then in July I will be off to Lake Tahoe for the Trans Tahoe Relay swim with my Mighty Mermaid team mates Christie Ciraulo (SP), Jenny Cook (SP), Nancy Steadman-Martin (NJ), Lisa Bennett (VA) and Karen Einsidler (MR), all of us age 50 and over. This will be my first Tahoe swim and rumor has it the water is a bit chilly. Yikes!

Then to Oregon for LC Nationals at Mt Hood Community College (information on the USMS website) and finally in September the USAS Convention in Atlanta.

Speaking of Convention... It's time to get moving! Budgets, Reports, Agendas are due as well as names of delegates, and convention and hotel reservations. Refer to the working calendar below, the Convention section later in this newsletter, and the USMS and USAS websites for more information.

I plan on taking October off!



Happy Swimming!
Tracy

Calendar/Things to do

Listed are all deadlines from the USMS Working Calendar. Please read this and use as a reminder. This 2008 Working Calendar is posted in its entirety on the USMS website at: www.usms.org/admin/lmschb/workingcalendar.pdf

JUNE 2008

- All Cost Center Heads send their budget to Margaret Bayless, USMS Controller and to their vice president and send their annual report to their vice president. Those who will be having a meeting at convention also send their agendas.
- Open Water/Long Distance National Championship packets distributed to hosts of 2010 events.
- Zone Reps submit list of events for USMS Swimmer calendar for the September/October issue to VP Local Operations (Julie Heather—VPLocalOperations at usms dot org)
- Cut-off date for LMSC registration/delegate entitlements to the 2008 convention (National Office notifies Secretary of LMSC membership numbers as of June 15th. Secretary notifies LMSCs of any additional delegate entitlements). Final reminder.
- Editorial copy/information due to USMS Editor for September/October issue of USMS Swimmer (Bill Volckening—Editor at usms dot org)
- Approximate mailing date for July/August issue of USMS Swimmer
- Article ideas for November/December issue of USMS Swimmer due to USMS Editor (Bill Volckening—Editor at usms dot org)
- National registration transmittal sent to National Office electronically from online registration site
- Postmark Deadline for LC Nationals, Mt Hood, Oregon
- LMSC SCY Top 10 reports due National Swims Administrator (Mary Beth Windrath—mbwswims AT stny DOT rr DOT com)
- Last 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)

JULY 2008

- USMS Coach of the Year application due to Coaches Committee Chair (Mo Chambers—Coaches at usms dot org)
- Preliminary equipment requirements for convention due to Convention Coordinator (Victor Buehler—Convention at usms dot org)



USMS National Office
PO Box 185 • Londonderry, NH 03053-0185
800-550-SWIM • www.usms.org



- 10 Proposed Rules, Open Water/Long Distance and Legislation amendments due to respective committee chairs (Rules: Kathy Casey—Rules at usms dot org, Open Water/Long Distance: Marcia Cleveland—LongDistance at usms dot org, Legislation: Sean Fitzgerald—Legislation at usms dot org)
SCY Preliminary Top 10 mailed for proofreading
- 11 Entry/received by deadline for 2008 LC Nationals, Mt Hood, Oregon
- 15 Vice presidents send their committees' annual reports and agendas to the National Office for publication in the convention packet
 - Final cut-off date for requesting Delegate-at-Large spot for convention
 - Coach of the Year selected
 - On Deck department calendar entries due to USMS Calendar of Events Editor for September/October issue of USMS Swimmer (Lynn Hazlewood—lynhzlwd at usms dot org)
 - Deadline for swimmers to be registered in order to receive September/October issue of USMS Swimmer
 - Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the September/October issue
- 20 President (Rob Copeland—President at usms dot org) appoints Delegates-at-Large for 2008 convention
- 24 Corrections for SCY Top 10 due National Swims Administrator (Mary Beth Windrath—mbwswims at stny dot rr dot com)
- 25 Deadline for submission of information to be included in the summer issue of Streamlines ... from the National Office
- 30 USMS Dorothy Donnelly Service Award nominations due to Recognition and Awards Chair (Kelly Crandell—Awards at usms dot org)
 - Summer issue of Streamlines ... from the National Office sent via email
- 31 National registration transmittal sent to National Office electronically from online registration site
 - All registrations received as of today's date will be included in the mailing of the Sep/Oct issue of SWIMMER

AUGUST 2008

- 1 Deadline for USAS early convention registration and inclusion in USAS Directory
 - Bids for fitness events due to Fitness Committee Chair (Marcia Anziano—Fitness at usms dot org)
 - Equipment requirements from committee chairs and workshop planners due to Convention Coordinator (Victor Buehler—Convention at usms dot org)
 - All proposed rule/code changes from Rules, Open Water/Long Distance and Legislation due to National Office for inclusion in the convention packet
 - Final SCY Top 10 list sent to printer
 - Second quarter financial reports prepared
 - Election Committee submits election information to National Office for inclusion in the convention packet
 - Bids for 2010 Long Course, Short Course and Open Water/

- Long Distance National Championships due to committee chairs (Championship: Mark Moore—Championship at usms dot org, Open Water/Long Distance: Marcia Cleveland—LongDistance at usms dot org)
 - 8 Zone Reps submit list of events for USMS Swimmer calendar for the November/December issue to VP Local Operations (Julie Heather—VPLocalOperations at usms dot org)
 - Deadline to submit copy to DMC for a newsletter to be inserted in USMS Swimmer for the September/October issue
 - 10 Editorial copy/information due to USMS Editor for November/December issue of USMS Swimmer (Bill Volckening—Editor at usms dot org)
 - On Deck department calendar entries due to USMS Calendar of Events Editor for November/December issue of USMS Swimmer (Lynn Hazlewood—lynhzlwd at usms dot org)
 - 14-17 USMS LC National Championships, Mt. Hood, Ore.
 - 15 Preliminary budget for the coming year, forecast for current year and copies of budget forms are sent to Finance Committee members and National Office
 - 31 Approximate mailing date for September/October issue of USMS Swimmer
 - National registration transmittal sent to National Office electronically from online registration site
- Other deadlines this month
- USAS sends convention registration list to National Office (Tracy Grilli—USMS at usms dot org). Secretary (Meg Smath—Secretary at usms dot org) notifies LMSCs who have not sent delegate certifications.
 - Convention packets mailed to all certified delegates
 - New delegate information emailed to all new delegates

Awards and Appointments

Ransom Arthur Award

Congratulations to Barry Fasbender of Pacific on receiving More information can be found on the Pacific Masters Website at www.usms.org/features.php?id=56
Congratulations Barry!

Paragon Award for Aquatic Safety

Congratulations to Jim Wheeler from the Pacific on receiving the Paragone Safety Award. More information can be found on the USMS website at www.usms.org/features.php?id=60!

New Committee Chair

Jane Moore from the Pacific Northwest Association has been appointed at the Chair of the USMS Sports Medicine and Science Committee, replacing Jody Welborn. As the new chair of this committee, Jane has also been appointed as a member of the USMS Endowment Fund Board of Governors. Thank you Jody and congratulations Jane!

New LMSC Officers

Arizona: Sanctions – Katy James – Katyjameswims at hotmail dot com
Colorado: Vice Chair – Will Amos – will dot amos at comcast dot net
Delaware Valley: Webmaster - Dan Allen – danallengaz at comcast dot net
Niagara: Webmaster – Randy Mayall – rmayall at ourcomputerguy dot com
North Carolina: Editor – Joe Gosha - NCeditor at usms dot org
North Texas: Treasurer – Kim Shaw – swimminkim at gmail dot com
South Carolina: Top Ten – Billy Culbertson – billy dot Culbertson at sportstiming dot com
Virginia: Coaches – Jim Miller, MD
Registrar – Lisa Bennett – swimlab56 at msn dot com
Safety – Patty Miller

Contact Updates

Mike Burns, Minnesota Treasurer – new e-mail - burnsh2o at yahoo dot com
Jerry Clark, North Carolina Chairman/USMS BOD – new suite address is 1710
Elyce Dilworth, Committee Member from Wisconsin – new address 7796 W Tuckaway Shores Dr, Franklin, WI 53132
Susan Ellis, Alaska Sanctions – new e-mail - snsellis60 at yahoo dot com

Jean Fox, Committee Member from the Southeastern LMSC – has moved - 805 Racquet Club Way, Knoxville, TN 37774, 865-247-7543, purdue_57 at Comcast dot net
June Krauser, Florida Gold Coast Treasurer/USMS BOD – has moved - 588 Village Dr, Pompano Beach, FL 33060, 954-933-1588
Jane Owen, North Dakota Chairman – new e-mail – no dot name42 at und dot nodak dot edu
Ellen Parchen, Montana LMSC Registrar – new e-mail - e dot parchen at bresnan dot net
John Pilger, Niagara Registrar – new e-mail – syrjohn at windstream dot net
Todd Radel, Ohio Treasurer – new address – 4158 Vinegar Hill Rd, Georgetown, OH 45121
Howard Rutenberg, Arkansas Chair – new e-mail – howard dot rutenberg at Arkansas dot gov
George Simon, North Carolina Registrar/USMS Registration Chair – using 919-264-3490 for registration calls
Joe Skoski, Allegheny Mountain (holds many offices) – new e-mail – joeskoski at gmail dot com
Shannon Titzel, Alaska Chairman/Treasurer – new e-mail – swimalaska at yahoo dot com
Greta van Meeteren – North Carolina Secretary - new e-mail - gvanmeeteren at gmail dot com
Greg Weber, Illinois Registrar – new e-mail - gregjweber at aol dot com
Laura Winslow, USMS BOD – new e-mail – lawinslow6 at gmail dot com

Announcements

Cost Center Heads -

2009 Budget templates due to Margaret Bayless via email (controller at usms dot org), and a copy to their VP, on or before June 1.

25K Open Water National Championship Update

There is a format change for the 25K (5x5K) Relay. Due to the overwhelming interest in the solo event, the logistics of the relay have changed. We are converting it to a simultaneous start for all relay team members (we may have waves a few minutes apart), but all relay swimmers will be in the water at the same time... no 'hand-offs,' no waiting around all day for your swimmer to come in so you can begin. You will all be finished by 10AM or so. The new plan, which may be modified slightly, will be for solo swimmers to depart at 7AM. All relay swimmers will depart during the next half hour or so. This will permit solo swimmers and their kayaks to get out of your way so you won't be dodging them all day long. Further, solo swimmers won't have relay swimmers in their way and our officials and volunteers can focus on the needs of the solo swimmers for the

rest of the day. When finished, relay swimmers can head for home, or hang out to assist with paddling or other volunteer duties, or just hang out on the lake or 'beach' all day. Sound easier? That's what we thought! Any suggestions let me know. Since this is the inaugural event, it is a bit experimental... we are open to suggestions. Finally, if anyone wants to swim a 5K, but can't put together an entire relay, send in your entry, write on the envelope "Need Team Mates" and we will hook you up with others in the same situation. Full refunds provided if we can't get you on a relay. We will also extend the early bird deadline for the Relay Only, one week, to May 31 postmark. For more information go to our website www.forestparkpool.org/USMS25K/

Call for Proposed Rule Changes -

This is a "Rules Year." Proposed amendments can be passed by a majority vote of the House of Delegates if the amendments are recommended by the Rules Committee and the Open Water Long Distance Committee. Information about submitting proposed amendments to Part 1: Swimming Rules, the Glossary, and Part 3: Open Water Long Distance Swimming Rules can be found in

Article 601, pages 93–96 of the 2008 USMS Rule Book. Attached is more detailed information, including examples and a template for your use that can also be found in the LMSC Handbook, “Convention” section, pages 2–6, at www.usms.org/admin/lmschb/. LMSCs wishing to submit proposals must do so in writing (email, fax, or mail) by July 10 to:

- Kathy Casey (for Part 1 or the Glossary),
rules@usms.org, or
(253)589-8321 (fax), or
11114 – 111th St. SW, Tacoma, WA, 98498 or to
- Marcia Cleveland (for Part 3 or the Glossary),
longdistance@usms.org or
915 Pine Tree Lane, Winnetka, IL 60093

2010 Open Water/Long Distance Bid Packets

The below information was inadvertently left out of the 2008 USMS Rule Book and not included in the 2010 bid packets. Contact Marcia Cleveland, Open Water/Long Distance Committee Chair at longdistance at usms dot org for a bid packet.

Open Water Long Distance Championship Rotations:

There is no rotation system in awarding the postal swims.

	East Coast Area 1	Central Region Area 2	West Coast Area 3
2010	1-mile, & >3/< 6 miles	2 mile cable, & > 6 mile	>1/≤3 mile
2009	>1/≤3 mile	1-mile, & >3/< 6 miles	2 mile cable, & > 6 mile
2008	2 mile cable, & > 6 mile	>1/≤3 mile	1-mile, & >3/< 6 miles
2007	1-mile, & >3/< 6 miles	2 mile cable, & > 6 mile	>1/≤3 mile

Area 1—composed of the following LMSCs: Alaska, Hawaii, Inland Northwest, Montana, Oregon, Pacific, Pacific Northwest, San Diego-Imperial, Snake River, Southern Pacific and Wyoming.

Area 2—composed of the following LMSCs: Arizona, Arkansas, Border, Colorado, Gulf, Illinois, Indiana, Iowa, Kentucky, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, New Mexico, North Dakota, North Texas, Ohio, Oklahoma, Ozark, South Dakota, South Texas, Southeastern, Southern, Utah and Wisconsin.

Area 3—composed of the following LMSCs: Adirondack, Allegheny Mountain, Connecticut, Delaware Valley, Florida, Florida Gold Coast, Georgia, Maryland, Metropolitan, New England, New Jersey, Niagara, North Carolina, Potomac Valley, South Carolina and Virginia.

Long Course Nationals Update

The 2008 USMS Long Course National Championships will be held August 14-17 at the Mt. Hood Community College Aquatic Center in Gresham, Oregon. The complete set of meet information is now available for this meet and can be found on the USMS website at <http://www.usms.org/comp/lcnats08/>

Swimmers are encouraged to enter the meet online to help reduce errors and processing time. The Aquatic Center is one of the deepest and fastest pools in the nation, and the meet organizers are planning several social functions for visiting swimmers. Don't miss out on what promises to be a great event!

USAS Convention

Hyatt Regency Atlanta, September 24-28, 2008

The Delegate and Hotel Registration forms and schedules have been sent (via e-mail) to 2007 Delegates, Committee Members and LMSC Chairs. All people attending or presenting at any meeting must be registered as a delegate.

LMSC Chairs, please submit names and contact information for your delegates as soon as possible to Secretary Meg Smath at secretary at usms dot org. Please send delegate at large requests to President Rob Copeland at president at usms dot org by July 15

Committee Chairs, please contact your committee members and report to Secretary Meg Smath at secretary at usms dot org if there are members from your committee who will not be attending convention.

Registration Fee:

Postmarked by September 4, 2008 (early bird) \$150
Postmarked September 5, 2008 or later \$175

Hotel Reservations

Reservations for the convention can be made by going to the Hyatt Regency Atlanta link: <http://atlantaregency.hyatt.com/groupbooking/atlaasas2008> or by calling the world wide reservation number: 1-800-233-1234, or by mailing the hotel reservation form. Reservation cut off date is September 5.

For Registration Forms and Travel/Shuttle/Tourist Information Visit the USAS Website At: www.usaquaticsports.org or USMS website at www.usms.org/admin/conv08/

Certification Table

The Certification Table will be open on Wednesday from 9am to 5pm and Thursday from 7:30 am to 8am. Those arriving after the posted hours will need to find Debbie Cavanaugh!

Schedule Change

The Coaches Panel will be held on Friday 10:30-12:00 pm (originally scheduled for Wednesday)

Rules Corner

by Kathy Casey, USMS Rules Chair

Questions & Clarifications

1. *Wrist Watches:*

Question: If I wear a wrist watch during the 1650, will I be disqualified?

Answer: No, if you do not use it as a pacing device. Yes, if you use it as a pacing device (102.15.9).

2. *15-Meter Rule:*

Question: Three of the stroke rules specify that a swimmer's head must break the surface within 15 meters of the start and after turns. Does the head have to break the surface 15 meters from the wall or can the head break the surface when the swimmer's feet have traveled 15 meters from the wall?

Answer: The head has to break the surface at or before the 15-meter mark. If the head breaks the surface when the feet pass the 15-meter mark, that is a DQ. The head must break the surface of the water not more than 15 meters (16.4 yards) after the start and each turn (101.3.2, 101.4.2, and 101.5.2).

3. *Breaststroke Turn:*

Question: If I touch the wall in the middle of a stroke cycle (after the arm pull), am I disqualified for not completing the stroke cycle with a kick?

Answer: No. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order (101.2.2). The breaststroke turn rule (101.2.4) refers to the last complete or incomplete cycle preceding the touch, so a swimmer can touch the wall after an arm pull (an incomplete cycle).



4. *Backstroke Start:*

Question: Can I place my toes above the surface of the water for the backstroke start?

Answer: Yes, however bending the toes over the lip of the gutter before or after the start is prohibited (101.1.2B). The phrase "the toes shall be placed under the surface of the water" was deleted beginning with the 2006 rule book. FINA changed that rule, USA Swimming adopted it, and then USMS also adopted it. However, it is difficult to place the toes above the surface of the water without bending the toes over the lip of the gutter before or after the start if the touch pad does not extend .3 meter above the water surface as required by FINA rule FR 2.4.3. If you have a touch pad that extends .3 meter above the surface of the water, it is easy to place the toes above the surface of the water because there is no gutter to bend the toes over.

5. *USMS Policy on FINA-Approved Suits:*

Question: Are the new suits like the Speedo LZR legal in Masters swim meets?

Answer: Yes, if they have been approved by FINA. It has been the practice of both USMS and USA Swimming to follow FINA's approvals and rejections of new swimwear (high-end competitive suits of new design and materials such as the Speedo LZR, TYR Tracer Light and Tracer Rise, the Blueseventy Pointzero3, and the Xterra Velocity 0.02 all of which have been approved by FINA). The USMS Rules Committee has established the following policy, "FINA approval or rejection of new swimwear will be accepted by USMS." This approval is in effect for competitions held in pool, postal, and open water events.