



Fall 2009

Greetings

Another successful Convention has taken place, this year in Chicago! A big thanks to the volunteers from the Illinois LMSC who did a fantastic job manning the USMS hospitality suite - I mean, meeting room. Congratulations to our newly elected President – Jeff Moxie, VP of National Operations – Michael Heather, VP of Local Operations – Ed Tsuzuki, VP of Community Services – Nadine Day, VP of Member Services – Dave Diehl, Treasurer – Ralph Davis, Secretary – CJ Rushman. Thank you Rob Copeland, Leo Letendre, Julie Heather, Michael Heather, Heather Hagadorn, Jeff Moxie and Meg Smath respectively for your service. Congratulations to our newly elected BOD member (at large) – Meg Smath (Great Lakes). Thank You Nadine Day for your service. Congratulations to our newly appointed Legal Counsel – Doug Church. Thank You Patty Miller for your service. Congratulations to our newly appointed Zone Representatives - Breadbasket – Rebecca Friedlander, Oceana – Joan Alexander and Southwest – Nancy Kirkpatrick-Reno. Thank you Lori Payne, Leianne Crittenden and Mary Hull respectively for your service.



Committee (Chairs and Members) appointments have not been finalized as of the publication of this issue. A separate e-mail will be sent when these have been finalized.

Our award winners are listed in the Nov/Dec issue of *Swimmer*. Our 2011 Spring and Summer National Championships and Long Distance bid winners are listed later in this newsletter. You will find the minutes from all the meetings on the USMS web site at <http://www.usms.org/admin/minutes/>

Registration - As you know, we are into a new registration year as of November 1. Please note that in order for a member to register for a club, the club must be registered. If a member registers on line, Clubs that are not registered for 2010 will not be listed on the drop down list and they will not be able to register for that club. As you can imagine, this will cause quite a bit of confusion for members (and stress for registrars, Club Assistant and the Membership Office). Please get the word out to clubs in your LMSC that have not registered requesting them to send their 2010 club registrations in.

This will be the last issue (as you know it) of Streamlines... from the National Office. Many of you receive our two current e-Newsletters: Member News from Behind the Blocks and News from the Deck for coaches. Since they started hitting mailboxes in early 2009, we have received some great feedback on how to improve them, and

we will continue to do so. Those of you who are USMS volunteers also receive the quarterly newsletter, Streamlines from the National Office, via email.

Starting in 2010, we will be, well, streamlining all three publications. All three will come under the Streamlines name: Streamlines, Streamlines for Coaches, and Streamlines for Volunteers will hit email boxes in January. If you have already subscribed to any of the three, you do not need to do anything, your preferences will remain the same.

For those of you who are not receiving the newsletters and would like to, just follow the "Subscribe to Our Newsletter" link on the home page at usms.org. If you currently receive one of the newsletters and would like to receive the others, that link will take you to a preferences pane where you can sign up for the other newsletters or unsubscribe. You can also unsubscribe by following the SafeUnsubscribe link at the bottom of any newsletter.

I think that is about it for now. I hope all is well with you and your LMSC and Happy Holidays to you!

Tracy

Calendar and things to do...

Listed are all deadlines from the USMS Working Calendar. Please read this and use as a reminder. This 2009/2010 Working Calendar is posted in its entirety on the USMS web site at: www.usms.org under Administration

NOVEMBER 2009

- 1 2010 registration year begins
 - Minutes of House of Delegates, 2010 Budget and FOG posted on the www.usms.org website and e-mailed to all who attended 2009 convention
- 2 Final copies of Rules, Long Distance, and Zone and Legislation changes due to Rule Book Coordinator Susan Ehringer (RuleBook at usms dot org) from appropriate committee chair Rules (Rules at usms dot org), Long Distance (LongDistance at usms dot org), Legislation (Legislation at usms dot org), Zone - Ed Tsuzuki (VPLocalOperations at usms dot org)
- 9 Records and Tabulations Chair (recordsandtabulation at usms dot org) sends national and world records to Rule Book Coordinator Susan Ehringer (RuleBook at usms dot org)

- Membership Coordinator Tracy Grilli (USMS at usms dot org) sends rule book Appendix E: Committees and Chairs to Rule Book Coordinator Susan Ehringer(RuleBook at usms dot org)
- 16 Final proofreading of rule book due to Rule Book Coordinator Susan Ehringer (RuleBook at usms dot org)
- 23 All camera-ready copy and artwork due to rule book printer
- 30 All registrations received as of today's date will be included in the mailing of the Jan/Feb issue of *Swimmer*
- 2010 Guide to Operations section updates due to Membership Coordinator Tracy Grilli (USMS at usms dot org)

DECEMBER 2009

- 1 Signed contracts for Long Distance National Championship events due to Long Distance Committee Chair (LongDistance at usms dot org)
- LCM Top Ten list sent to the USMS formatter for printing
- 10 Applications for 2010 Online Coaching positions are due to Coaches Chair (coaches at usms dot org)
- 15 Mailing list for 2010 rule books due to printer (Board of Directors, LMSC registrars, LMSC Officials Chairs, members of Finance, Legislation, Officials, Long Distance and Rules Committees, Rule Book Coordinator, registered clubs, sponsors and individual orders)
- Convention Coordinator Victor Buehler (Convention at usms dot org) sends out preliminary room set-up, AV and reimbursement guidelines requirement information for 2010 convention to all committee chairs
- Convention Coordinator Victor Buehler(Convention at usms dot org) sends the last of 2009 convention reimbursement forms to USMS Controller for processing by December 31, 2009
- Editorial information/copy due to USMS Editor In Chief Laura Hamel (Editor at usms dot org) for March/April issue of *Swimmer*
- 31 Deadline for submission of ISHOF candidates sent to USMS Recognition & Awards Chair (Awards at usms dot org)
- End of SCM season
- End of 2009 fiscal year
- Other deadlines this month
- E-mailing of 2010 USMS Guide to Operations. Full guide is posted on the USMS website under Administration.
- E-mailing of USMS Directory
- First mailing of 2010 rule books. Full 2010 rule book is posted on the USMS website.
- USMS Secretary CJ Rushman (Secretary at usms dot org) mails Working Calendar and Committee Chair Handbook to all committee chairs
- LCM Top 10 issue sent out

JANUARY 2010

- 1 HAPPY NEW YEAR!
- Election Committee posts election announcement on website
- 10 Plans and Information for 2010 ASCA Masters Coaches Conference distributed by Coaches Chair (Coaches at usms dot org)
- 15 Room set-up requirements for 2010 convention due from committee chairs to Convention Coordinator Victor Buehler (Convention at usms dot org)
- Deadline for submission of fiscal 2009 reimbursements or payments to Controller (Controller at usms dot org) from all cost-center heads
- Call for Ransom Arthur nominations sent to LMSCs from USMS Recognition and Awards Chair (Awards at usms dot org)
- Summer Nationals (Auburn) entry information and forms sent to *Swimmer*
- Posting of Regional and Local Club lists for Spring and Summer Nationals
- Long Distance All-Star listing due from Long Distance Chair (LongDistance at usms dot org) to USMS Editor In Chief Laura Hamel (Editor at usms dot org) for May/June issue of *Swimmer*
- Long Distance Postal Series participants copy/information due to USMS Editor In Chief Laura Hamel (Editor at usms dot org) for May/June issue of *Swimmer*
- 21 Deadline for Newsletter Inserts to DMC for the Mar/Apr issue of *Swimmer*
- 25 Deadline for submission of information to be included in the winter issue of Streamlines for Volunteers
- Long Distance Committee to submit listings of the individual and relay All-Americans
- 26 LMSC SCM Top 10 reports due to National Swims Administrator Mary Beth Windrath (TopTen at usms dot org)
- 30 Open water clinic application distributed to clubs and LMSCs from Coaches Chair (Coaches at usms dot org)
- 31 Winter issue of Streamlines for Volunteers sent out via email
- All registrations received as of today's date will be included in the mailing of the Mar/Apr issue of *Swimmer*
- Other deadlines this month
- Bid packets sent to interested bidders for USMS 2012 Spring and Summer National Championships and Long Distance Championships from appropriate committee chairs (Championship at usms dot org, LongDistance at usms dot org)
- Solicitation of information for 2010 Long Distance Calendar

FEBRUARY 2010

- 1 Fourth quarter financial reports prepared by USMS Controller (Controller at usms dot org)
- 13 Editorial copy/information due to USMS Editor In Chief Laura Hamel (Editor at usms dot org) for May/June issue of *Swimmer*
 - On Deck department calendar entries due to USMS Calendar of Events Editor (Calendar at usms dot org) for May/June issue of *Swimmer*
- 15 Preliminary SCM Top 10 mailed to LMSC Top 10 Chairs and Records and Tabulation Committee members for proofreading
- 20 Approximate mailing date for March/April issue of *Swimmer*
- 22 Long Distance and Pool All-American listing due from Records and Tabulations Chair (recordsandtabulation at usms dot org) and Long Distance Chair (LongDistance at usms dot org) to USMS Editor In Chief Laura Hamel (Editor at usms dot org) for May/June issue of *Swimmer*
- 23 Article ideas for July/August issue of *Swimmer* due to USMS Editor In Chief Laura Hamel (Editor at usms dot org)
- 25 Responses due from SCM Top 10 proofreading to National Swims Administrator Mary Beth Windrath (TopTen at usms dot org)
- 28 Long Distance individual and relay All-Americans posted on the Long Distance webpage
- 29 Deadline for all committee chairs to send convention meeting AV requests and extra meeting time requests to Convention Coordinator Victor Buehler (Convention at usms dot org) for the 2010 convention in Dallas
 - USMS Secretary – CJ Rushman sends Convention Coordinator Victor Buehler (Convention at usms dot org) 2010 Dallas convention meeting schedule, first draft
 - Other deadlines this month
 - Pre-meet site visit by Championship Committee liaison to Spring Nationals host (Atlanta, GA)

USMS Guide to Operations -

The *USMS Guide to Operations* (formally the LMSC Handbook) is in the process of being updated. Once complete it will be posted on the USMS web site at www.usms.org/admin/lmschb and an e-mail will be sent to all with the link (hard copies will not be sent). Individual sections will be e-mailed to the appropriate LMSC Officer or to anyone who would prefer a text file rather than the pdf.

Rule Books

Each LMSC will now receive two complimentary rule books (registrar and officials chair). If your LMSC would like to order more rule books (\$10) or mini rule books (\$6), please send your order to Kyle Deery (kdeery at usms dot org) before December 15. Orders received by the deadline will have their book shipped from the printer.

CONTACT UPDATES...

- Charlie Cockrell (Virginia) – 22402 Sundown Dr, Carrollton, VA 23314, 757-745-7045, charles dot cockrell at alumni dot Virginia dot edu
- Malcolm Cooper (Hawaii) – cell phone 808-280-4257
- Sally Dillon – 100 timber Ridge Way NW Apt 6103, Issaquah, WA 98027, 425-961-0023, salswmr at comcast dot net
- Jody Welborn (Oregon) – new e-mail jodywelborn at mac dot com

NEW LMSC OFFICERS...

A full list of LMSC Officers can be found at www.usms.org/lmsc/lmscofficers.php

Hawaii

Officials – Sandy Drake – swimdrake at yahoo dot com
Secretary – Kevin Drake – swimdrake at yahoo dot com

Indiana

Registrar – Syd Latina – sydlatnia at gmail dot com

Kentucky

Chair – Meg Smath – msmath at email dot uky dot edu
Secretary – Robin Segnitz - segnitz1267 at aol dot com
Treasurer – Dave Burgio – swimmr1 at windstream dot net

Metropolitan

Top Ten – Mary Fleckenstein – mjfleck333 at hotmail dot com

Michigan

Registrar – Ken Cooper – cooper.kj at gmail dot com

North Texas

Chair – Lynn Morrison – lynn dot Morrison at thomsonreuters dot com
Sanctions – Laurie Dunlap – ldunlap at damswim dot com

Oregon

Sanctions & Vice Chair – Tim Waud - twaud at aol dot com
Secretary – Wes Edwards – wesnad at comcast dot net
Pacific Northwest
Treasurer – Jeanne Ensign – Jeanne at raincity dot com

Southern Pacific

Treasurer – Jim Dougherty – jweavd at yahoo dot com

South Texas

Sanctions – Tyler Blessing – tbwim at b23 dot net

Utah

Newsletter – Pam Samuelson – tompamsamuelson at yahoo dot com
Open Water – James Jonsson – jamesj at ivoryhomes dot com
Registrar – Katy Kessinger – Katherine dot kessinger at gmail dot com
Webmaster – Morgan Smith – morgan dot smith at student dot neumont dot edu

USMS Endowment Fund

The Endowment Fund is embarking on an effort to expand its fund raising and grant making capabilities. Taking a cue from USA Swimming, President Jeff Moxie has asked the Endowment Fund to aim high: "I think we can raise \$10M for our Endowment Fund and with that kind of base we can take on truly significant projects that will benefit not just swimmers, but everyone concerned with issues of safety and fitness around the water." Chair Doug Church has put out a call for volunteers to join the Board of Governors of the Endowment Fund: "If you have fund raising experience, a passion for pursuing big causes, send me an email!" The Endowment Fund presently has over \$250,000 in the fund and has been making annual grants limited to approximately 5% of the principal. "There are tremendous opportunities to help bring about a more fit society as well as providing for safe swimming environments. We are determined to refresh our mission statement in order to attract resources of all kinds. Masters swimmers are well suited to provide positive opportunities in these areas all over the country if not around the world," Church noted. "The next year will be an opportunity to see just how far we can grow our Endowment and that will take experience and talent." Contact Doug at DChurch at cchalaw dot com if you are interested.

Convention News

Committees

The Communications, International, Marketing and Publications Management Committees have been dissolved and are now the responsibility of the staff.

The Open Water/Long Distance Committee divided into two standing committees. The Long Distance Committee will oversee the rules and administration of the events while the Open Water Committee will promote the development of open water swimming.

The LMSC Development Committee was created. Its purpose is to provide support to LMSC and work to strengthen LMSC Governance and operations by providing educational opportunities and mentoring for LMSC boards and officers.

Fitness Events

2010 Check Off Challenge – Colorado Swim Dogs. Contact is Dana Johnston dana at swimdogs dot net. Information will be posted on the usms.org Fitness page soon: www.usms.org/fitness/content/fitnessevents

PS - It's not too late to enter the 2009 check off challenge also at <http://www.usms.org/fitness/content/fitnessevents>

2011 Open Water Championships

- 25K: Noblesville, IN (GRIN) 7/16
- >6 Mile OW: Ft Myers, FL (FLA) 4/30 or 5/1
- 3-6 Mile OW: Coney Island, NY (METR) 6/25
- 1 Mile OW: COMA (Oregon) 7/3
- 2 Mile Cable OW: Lake Placid, NY (ADMS) 8/13
- 1-3 Mile: Lake Monona, Madison, WI 8/20

2011 Postal Championships

- One Hour: Tualatin Hills (OREG)
- 3000/6000: YMCA Indy Swim Fit (ISF)
- 5/10K: Chicago Smelts (IL)

2011 Pool National Championships

- Spring Nationals – Mesa, AZ, May 6-9th
- Summer Nationals – Auburn, AL 3-6th

Awards

- Ransom J Arthur – Julie Heather (Southern Pacific)
- Coach of the Year – Nancy Kirkpatrick-Reno (Southern Pacific)
- Club of the Year – Noblesville Adult Swim Team (Indiana) & Mission Viejo Nadadores (Southern Pacific)
- Ted Haartz USMS Staff Appreciation Award – Ted Haartz (Arizona)
- Dorothy Donnelly Service Award – Marcia Anziano (Colorado), Christie Ciraulo (Southern Pacific), Jerry Clark (North Carolina), William Cleveland (Southern), Chris Colburn (Illinois), Lisa Dahl (Pacific Northwest), Barbara Delanois (Illinois), Paul Freeman (Pacific Northwest), Janet Renner (Hawaii), Mark Sells (Minnesota), Chris Stevenson (Virginia)
- Kerry O'Brien Coaches Award - Jay Christiansen (Central Valley All Stars), Chris Colburn (Academy Bullets Masters), Dyann Charette Dancy (Germantown Maryland Masters), Linda Gilchrist (Alameda Aquatic Masters) and Dana Kirk (South Palo Alto Masters).
- Rule Book Dedication – Bill Volckening (Oregon)
- Communications Award – Meg Smath (Kentucky)
- National Championship Meet Award - Barry Fasbender (Pacific)
- David Yorzyk Award (for the best performance of a 400 IM at short course nationals) - Alex Shestakov (Pacific)

Attention LMSC Sanction Chairs

Please submit all sanctioned events to the USMS Calendar of Events at www.usms.org/comp/eventform.php. As a service to our members, USMS would like to have all sanctioned events listed in the calendar.

U.S. Masters Swimming Marketing Resources

Oval Stickers, Facility Stickers, Swim Caps, Brochures – order form can be found on the USMS.org website here - <http://www.usms.org/admin/natofficemerch.pdf>. These are free for all USMS program, you just pay for postage. Are you a coach? Are you hosting a meet? Order in quantity and give them out to all your members/participants. For more information or to place an order, contact Kyle Deery at kdeery@usms.org

Rules Corner

by Kathy Casey, USMS Rules Chair

Questions & Clarifications

1. 15 Meter Rule

Question: I noticed that the 15-meter rule is missing from breaststroke in the rule book. Doesn't the 15-meter rule apply to breaststroke also?

Answer: No. The 15-meter rule does not apply to breaststroke because the point at which the head must break the surface of the water is defined by the second arm pull rather than the 15-meter mark. The swimmer is allowed one arm pull completely back to the legs (followed by a breaststroke kick, or a downward dolphin kick followed by a breaststroke kick) and the head must break the surface of the water before the hands turn inward at the widest part of the second arm stroke/pull (101.2.2, fourth paragraph).

2. Pool Measurement

Question: USA Swimming only has to measure the lane in which a record time was set. Are USMS rules more stringent for pool measurement than USA Swimming rules?

Answer: USA Swimming is more stringent than USMS in terms of measurement procedures. Only a certified surveyor or other qualified professional can perform the measurement for USA Swimming; anyone can perform the measurement for USMS. USMS is more stringent in that all pools have to be measured for records and top ten; USA Swimming only requires pool measurement for national and world records. Once a pool of permanent structure has been measured and the certification is on file with either USMS or USA Swimming, the measurement does not have to be done again unless there have been structural changes to the pool. A bulkhead pool that



has already been measured (for all lanes and the certification is on file with either USMS or USA Swimming) requires re-measurement of the two outside lanes and a center lane after each session of the meet for USMS, but for USA Swimming only the lane in which a record time was achieved has to be re-measured (in a certified bulkhead pool). Check with your LMSC or at <http://www.njmasters.org/RecordsandTabDB/poollengthdb.xls> for a USMS list of pools that have been measured or check USA Swimming's list of measured pools at usaswimming.org if you are uncertain about whether a pool has been measured or not.

3. Numbering the lanes of competition:

Question: Which way are the lanes supposed to be numbered, right to left or left to right? I see them both ways at our local pools.

Answer: Right to left as the swimmers face the course (107.4.3). The only exception is for starting events at the turn end of a 50-meter course (102.10.3A).

4. Swimwear Interpretation:

Question: I thought FINA was going to issue a ruling on swimwear rules for Masters and we would change our swimwear rules October 1 for the short course yard season. Why haven't we heard about the new swimwear rules?

Answer: The FINA Masters Technical Committee made a recommendation to the FINA Bureau for Masters swimwear rules, but the Bureau doesn't meet until mid-January to make a decision on that recommendation. Until then the current USMS swimwear interpretation, dated June 1, 2009, is still in effect and suits on the June 22, 2009, FINA-approved list are still legal. When changes are made to the USMS swimwear interpretation or rule, all USMS members will be notified immediately.

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