United States Masters Swimming more changes in 2005 than in the past. Many of you have seen the first change with your new issue of USMS Swimmer magazine. The magazine you have been receiving, SWIM, is now part of Swimming World. Both magazines are worthwhile for getting up to date information on swimming.

At the 2005 USMS national convention, delegates will be voting on changes in the leadership structure of the organization. It has been proposed to hire a full-time Executive Officer to run the day-to-day activity at our national office. Any proposed legislation can be viewed at the www.usms.org website.

Southeastern LMSC now has its own website at http://www.semastersswimming.org. Help us by sending meet results and articles to revamp the page and bring you the latest news. Many of you may receive this newsletter in your e-mail box instead of your snail mail box. This will assist us in cutting cost in mailings, so please keep Katherine Clarke updated with your e-mail address. You may e-mail her at ckkmcw@cox.net. Katherine is doing a great job with the newsletter, but she is not able to write everything. Please send her articles about your team or swimming lane. If you completed an open water swim in the tropics or the Ironman Triathlon, we would like to hear about your exploits. Let us know what you are up to.

February has been a busy month for the LMSC with meets in Tennessee and Alabama finishing the Short course season. Thanks need to go out to the Excel Masters team and the Auburn masters team for making the effort to host meets. If you want to host a meet, contact Conner Bailey in regards to sanctioning. When you have completed your meet, please send the information to Pam Cobb our new Top Ten Chair.

As the coach of The Gulf Coast Pirate Swimmers (P.I.S.S.) I would like to thank the swimmers at the Auburn meet for putting up with the team’s shenanigans, but we will be back with more swimmers and an even louder group next year. Great job to the Georgia Masters (GAJA) who gave us the big scare this year in the large team category. The swimmers who swam for us felt that each one contributed at every level.
EXERCISE: ARE YOU AT RISK?
By Steven Fair

This past weekend I ran a 10K race in Fairhope, Alabama. It was a beautiful day and the crowd support was wonderful. Every time I race I see younger runners who are struggling to catch their breath during the first few miles of running. This day of racing was no different, with one exception. A young runner, age 25, collapsed at mile 4, had a heart attack and passed away. I had passed him around mile 2. He was fighting for air, but kept going in the race. We heard after the race what had happened and many of us knew about whom they were talking. It made me think about exercise and the health risk we are subjected to during swimming or cross training exercise.

Doctors and coaches tell us that we need exercise for a better health and so we can live longer, but when does it become an unhealthy lifestyle. When anyone who has been athletically active returns to sports, we put ourselves at the greatest risk of health problems. The body is out of shape it takes a while to it get used to exercising regularly again. We want to pick up right where we stopped, to swim as fast and run as far as did. Returning athletes need to take it easy and not press their bodies to perform as if they had never stopped. It takes time for our body to respond to increased of activity.

The following are tips that every new or returning athlete should think about before taking on a new sport.

1. Have a physical exam by a doctor.
2. Have a coach set up your training schedule and workouts.
3. Set up realistic goals of what you want to accomplish in the sport and have an experienced coach or athlete review them with you.
4. Be easy on yourself and setup a training time of at least 3 days the first couple of weeks then increase it over time.
5. If you cannot not get to the pool or the track that day, do some exercise at home during that time period.
6. Have someone workout with you to ease you back into a realistic workout.
7. Find out what your maximum heart rate is and do not pass it during the first few weeks of training.
8. Have reliable equipment in your sport and avoid cheap imitations. Make the investment of buying quality equipment. It will save you money and injury.
9. Take a CPR and First Aid class and be prepared to use it!
10. Go to a clinic or have a private lesson to work on technique. It is important to do things properly to avoid injury. Practice what you learn.

My sympathy’s go out to the DeVaney family for the loss of their son, David, who was only 25.
Auburn Masters SCY Invitational

Auburn Masters Swimmers hosted their 8th annual SCY invitational on February 12-13, 2005. A total of 182 swimmers competed ranging in age from 18 to 84. For the first time in years, no national records were broken at this meet, but the competition nonetheless was fierce between teams vying for high point honors. Once again, the Pirates of Pensacola emerged at the top of the large team category, but by a mere 4.5 points over the Georgia Super Team (1150 to 1145.5, respectively). The only other team in the large category was the host Auburn team, with a strong showing by our student contingent.

In the middle team category, it was the Birmingham Swim League Masters winning the first place trophy followed by Alabama Aquatics of Montgomery and Shoals Sharks. In the small team category top honors were won by the Madison Titans followed by Emerald Coast Masters and Jubilee Masters Swimmers.

The close competition between the Georgia Super Team and the Pirates of Pensacola led to the idea that next year, in addition to individual team trophies, on behalf of Southeastern LMSC we might issue a challenge to the Georgia LMSC. The most recent data available (2000-2001) show that Georgia outnumbers Southeastern 829 to 553 swimmers, and most of the Georgia swimmers live within a two hour drive of the Auburn pool. This year Southeastern would have won, but watch out for Georgia next year.

Let us know what you think about matching the two LMSCs, and what would be a suitable prize – perhaps something that could be handed each year to the top scoring LMSC. Contact Conner Bailey at cbailey@ag.auburn.edu.

For full results and high point winners go to <http://www.ag.auburn.edu/~cbailey/masters.html>.  

[Images of swimmers in action and a promotional Auburn Swimming & Diving sign]
Meet Incentive Program

There seems to have been some confusion about the Meet Incentive Program. As teams are planning meets, be sure to comply with all the criteria. When a host team applies for assistance, they must send the meet results to the Sanction Chairman and Top Ten Recorder. This program is intended to help Masters Swim team in the Southeastern LMSC start and grow swim meets. The following are the guideline to receive the incentives from the Southeastern Board of Directors. Teams also need to be aware of deadlines or the monies under this program will be forfeited.

1. The sanction’s chairman MUST sanction the meet and meet all required sanction application requirements.
2. The meet MUST be advertised to all members’ teams in the LMSC at least 45 days in advance of the meet. Dual meets by master’s teams are not eligible. Hotel information shall be provided in the meet information.
3. Meet results must be sent to the Sanction Chair and the Top Ten Recorder as outlined in the Sanction's Application.
4. All participants must be registered members of United States Masters Swimming and the Club member shall be a Southeastern Club in good standing.
5. The course of competition will meet all requirements as outlined in the current year United States Masters Swimming rulebook.
6. Teams are only eligible for the incentive program once (1) per season.
7. Lack of participation by the host team may disqualify a meet host for future incentives.

The Incentive rewards are as follows:

Short Course Yards, Short Course Meters, and Long Course meters shall be $500.00.

Southeastern Championship meets as approved by the Board of Directors shall be as follows:
Meet hosting $500.00
Team awards for places 1-3 small team, 1-3 medium team, and 1-3 large team.

Dixie Zone Championship held in the Southeastern Masters LMSC the incentive shall be $750.00.

For masters national championship meets hosted within the Southeastern Masters LMSC the incentive will be $1000.00.

Co-Sanctioned Meets with USA-Swimming
Meet sanctioned incentive to teams should be no larger than $200 to host short course meets that are co-sanctioned. Long course meets should be no larger than $400. The meet must comply with all the requirements as other meets and falls under rule 6 as described above.
Congratulations to Dottie AGAIN!!

Our beloved Dottie Whitcomb is scheduled to be inducted into the Pensacola Athletic Association Hall of Fame on April 11, 2005 for her contributions to sport in Pensacola. She has inspired several generations of swimmers with her enthusiasm and encouragement. And she is still at it—serving as coach for the Pensacola High School Swim Team. She will be in the company of Emmitt Smith and Roy Jones, Jr. Are we proud?!!

Savannah Masters Spring SCY Meet
April 30 – May 1, 2005

Check out the Savannah Masters website for all the details. Chatham County Aquatic Center is a great place to swim and Savannah, GA is a great place to visit. Need an excuse to visit? Compete in the Savannah Masters Spring Meet!


You can print out an entry form and be ready to compete. Contact Scott Rabalais if you have any questions.

CATFISH MASTERS AQUATICS
Long Course Meters Meet

Saturday, June 18, 2005
Courthouse Racquet and Fitness Club
Flowood, Mississippi

Go to www.dixiezone.org for a registration form and complete info.

National Magazine Now USMS Swimmer

Have you received the new Swimmer magazine, our official USMS publication. I haven’t had a chance to read it thoroughly, but I was impressed with what I did read. It is very professionally done. If you haven’t received your copy and are a 2005 registered USMS swimmer, let the national office know. I know you will enjoy this perk of membership.
LANE FOUR IS NO MORE

Lane 4 has sad news to report. They have been “Ivanized” and scattered. On Sept. 16, 2004, our whole world changed. Pensacola Junior College’s (the Pirate’s home pool) pool ceiling collapsed during Hurricane Ivan’s visit. Most of us were without electricity and/or water for about a week, and without telephone, cable and internet for up to 3 weeks. The city of Pensacola had a curfew for quite a while and many of our bridges were closed down until they could be inspected. For 2 months all we did was clean up debris, repair houses and roofs, and try to keep the rain from further damaging our homes. Swimming was the LAST thing on our minds!

Then, around the end of November we started to miss it. PJC and UWF didn’t seem to be in any hurry to fix their pools (they are still closed-6 months later) so we started looking around for an alternative. “The Club” pool in Gulf Breeze, which is about 17 miles east of PJC, was up and running shortly after the storm. They offered all displaced swimmers a special “swim only” membership until we could return to our home pools. Coach Steven agreed to drive all that way and coach us “for tips only” WHAT A GUY!!!!!! Not too many swimmers joined because the morning traffic to get back to Pensacola is HORRIBLE, and they would be late to work. Six of the seven regular lane 4 swimmers managed to find a way to keep swimming at “The Club”. Beth is the only one not swimming, but because she has no internet, we’re not sure what she is doing. We have a new member, Paula, who joined us since our last report.

“The Club” has 10 lanes so we can swim with 2 to a lane instead of the usual 6 to a lane, thus there is no longer an “official lane 4”. This is a problem for some of us, so 3 of us sometimes swim together for old times sake! Fred likes having his own lane, but Andy is frustrated with the new rules. He continuously is reaching over into the other lanes to grab swimmers’ feet. It took Linda and Paula an extra month to finally come swim with us, and Linda has to do some evening swims, because of the traffic. They share a lane a lot. Margie comes every morning except Tues, when she plays golf. She’s 81 and puts the rest of us to shame. She likes to circle swim even though she and Sally are the only ones in their lane.

Sally REALLY likes swimming at “The Club” because she lives 5 minutes away. Paula, who lives north of Gulf Breeze, gets up at 4 AM and drives all the way into Pensacola to carpool with Margie and 2 other swimmers who live close to PJC, then she comes back east to swim. She has at least an hour’s drive. Then back to near PJC for work. Linda and Andy carpool, sometimes.

We still go to breakfast on Fridays at the IHOP near The Club. There is only one problem with that. After 2 VERY loud visits in which we presented a pair of red lace thongs to one of our swimmers (who shall remain nameless) and after she tried them on (over her warm-up suit) we were told that they had reserved their “private” room for us from then on. We have noticed that this private room has a door that can be closed off from the rest of the patrons. We can’t imagine why they would want to do that!!!!!! There is also an extra bonus at “The Club”, they sell coffee and bagels, so we stay for a while after each practice to visit and eat. The “night people” sometimes go to Jerry’s Drive In after practice, for a greasy hamburger, the best in Pensacola.

In January, we had to decide whether to enter the February Auburn Meet. What could we do? We were so out of shape! Fred decided that he had not practiced enough to swim well, so he would not go. Paula’s daughter was getting married and having a bridal shower that Saturday, so she wisely decided not to go. Linda, Sally and Andy just put themselves in the meet with much slower seed times and hoped people would not remember what they did last year. They beat all their seed times, so it looked like they were swimming well. (Fred just doesn’t know how to do it!) Margie was strictly honest and put herself in with last year’s times which she had to try hard to beat. We just barely won the meet, so we were pleased.
We wanted to make a statement at the meet as to how we felt about Ivan’s visit, so we designed new t-shirts for the occasion. On the front was P. I. S. S. (our feelings exactly) On the back was “Post Ivan Stress Syndrome” As you can see, we were so stressed out that we couldn’t even spell “Syndrome” The shirts were a big hit.

Now that the Auburn Meet is over, we are back at practice. Andy has stepped up his practice to a higher level. He’s there most mornings. He says that in the next meet he’s going to “leave the rest of us in the dust.” We’ll see about that!!!!! Coach Steven is very smart! He always has a hard time getting us to sprint in practice, so he has told us to wear fins and sprint only 25’s. We go all out on these. Linda still doesn’t wear fins, and she’s the fastest. Go figure! We also don’t like to swim 500’s, and often just refuse to do them, so Coach Steven tells us to pull them. We like to pull, so we go ahead and pull the 500’s. There doesn’t seem to be anything that he can do to make us do what we don’t want to do. After all, he really can’t throw us off the team! Or could he???? We feel sorry for Coach Steven, because now, instead of having all his goof-offs in one lane, he has to walk up and down 10 lanes to keep track of us. He’ll probably be glad to get us back to PJC and contained in “Lane Four.” To tell the truth, all of us will be glad to get back. We REALLY miss swimming together. At least Paula, Sally, Linda and Andy do. We’re not real sure about Fred and Margie.

**True Confessions: Why I Swim**

It is written that if you learned to swim correctly at an early age and stopped swimming for a number of years that your stroke will quickly return. I on the other hand started swimming at the age of 43. My motivation for gaining the new skill was a lady triathlete (Martha). Our first “date” was a 100-mile bike ride. So far so good. Next challenge was a short course triathlon. I nearly drowned in the ¼ mile swim. It was strongly suggested that lessons were needed. Lifeguards at the University of West Florida pool often thought my flailing were signals of distress. I joined GPAC masters and made some progress.

I married Martha after the completion of a Half Ironman. After 91 triathlons (1 Ironman distance) and many hours of work: I quit. Three years ago I started swimming again.

I do have a big problem though. After 20 years of running my ankles have practically fused. I cannot kick. Three yoga classes and various exercises have not helped. My feet are like slugs and drag the bottom of the pool. It may require an operation to install hinges on my ankles. Is that possible? To be fair to my running, I have developed a lot of stamina.

I swam the 2004 Pensacola Bay Swim (3.6 miles) finishing absolute dead last. I was the last swimmer out of the water in its last year. It was good planning that the emergency room at the Gulf Breeze Baptist Hospital was only three miles from the finish. It was less mileage to the hospital than the swim was. I spent 2 days in that hospital treated as a near drowning. It seems I aspirated a lot of water.

My coach has now also diagnosed as being a bobble head. Any suggestions? Maybe I should get my neck fused.

Gordy and Martha Jasperson have completed many Marathons, Half Marathons and Triathlons and they continue to improve each month. Gordy is also lane mates with Katherine Clarke* editor of this newsletter.

*Only because I count laps fairly accurately!
2005 USMS Meet Calendar

4/8-10  SCY  St Petersburg, FL
4/21-24 SCY  YMCA Nationals, Indianapolis, IN
4/23   SCY  Excel Master’s Swim Meet, Brentwood, TN
4/30-5/1 SCY  Savannah, GA
5/19-22 SCY  Masters Nationals, Ft. Lauderdale, FL
6/4    LCM  Atlanta, GA
6/12   LCM  Ft. Lauderdale, FL
6/18   LCM  Catfish Masters Aquatics, Flowood, MS
7/10   LCM  Ft. Lauderdale, FL
7/16-17 LCM  Charlotte, NC
7/22-31 LCM  World Masters, Edmonton, Alberta, CA
8/11-15 LCM  Masters Nationals, Mission Viejo, CA

Katherine Clarke, Editor
2440 Hallmark Drive
Pensacola, FL  32503
USMS REGISTRATION INFORMATION

Annual membership is beginning for the year 2005. Be sure to register early so you don’t miss an issue of our new magazine, USMS Swimmer. Club representatives, remember that an individual will be registered as unattached if the club he swims with is not registered.

Below you will find an application form. The breakdown of the fees is as follows: USMS $12.00; USMS magazine $8.00; LMSC fee $5.00.

If you have registered this Fall as Discount, only pay $15.00 for 2005.

Help our registrar out – don’t wait until the week before a meet to register.

One Year Membership Application
Southeast Masters Swimming
A Local Masters Swim Committee of United States Masters Swimming

Register with the name you will use for competition. Print clearly

Last Name
First Name
Init

Street
Apt.

City
State
Zip
Phone

Date of Birth
Age
Sex
Today's Date

Mon. Day Year
Mon Day Year

Club or Unattached
e-Mail Address

For Office Use

2005 Membership Application
RENEWAL – My current USMS #

NEW REGISTRATION

11/04 – 12/05
USMS Fee
$20.00
LMSC Fee $ 5.00
Total $25.00

9/05 – 12/05
USMS Fee
$15.00
LMSC Fee $ 5.00
Total $20.00

Please make checks payable to:
Southeast Masters
Mail to: Jean Fox
117 Cheekogill Way
Loudon, TN 37774

I wish to contribute $1.00 (or ___) to the United States Masters Swimming Foundation. I have added this amount to my 2005 registration fees.

I wish to contribute $1.00 (or ___) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2005 registration fees.

Benefits of membership include:
A subscription to USMS Swimmer magazine during the length of the membership year. ($8.00 of the annual dues is designed for a USMS Swimmer magazine subscription and periodic mailings from the Local Masters Swimming Committee.

USMS registrants are covered with secondary accident insurance:
1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered
2) in USMS sanctioned meets where all the competitors are USMS registered.

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _______________________________________________________