



Greetings from the Deck

Hi All –

I'm just back from the USMS Executive Committee and Board of Directors meeting in The Woodlands, Texas at the Marriott. 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.

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. For those of you who are Registrars and Club Contacts – your Club Certificates and Rule Books arrive soon. Please review this information - It is your responsibility as an LMSC/Club officer to be informed!

Please be sure to read it all and pass on any information to your membership. Hope to see you all at Ohio State University for the State meet on Saturday April 1st then at SC Nationals in Coral Springs and 2006 FINA Masters Worlds in Stanford.

Happy Swimming ☺

CJ

OHIO LMSC Annual Meeting

The Ohio LMSC held their annual meeting prior to the start of the M.E. Lyons YMCA meet. Present were:

C.J. Rushman, Chairperson
Scott Goertmiller, Treasurer
Scott Boyer, Vice Chair
Bill Hofacre, Top Ten
Laura Wright, Registrar
Mag Wright, Sanctions

There was a review of last year's minutes (meeting held on March 13, 2005). No changes or corrections were made. At that meeting, the treasurer's report was announced, elections were made, and the committee decided to lower the registration fee by \$5.00 beginning 2006. A Top Ten Chairperson was nominated, Bill Hofacre, and the committee decided to pay the registrar a fee for all of her hard work.

Ohio LMSC Top Ten Chair- Bill Hofacre:

Bill Hofacre: Noted that pool measurements are mandatory now. Actual pool measurements must be taken. The committee decided to keep track of LMSC records only, not a Top Ten listing. Also those records could be set by a registered OHIO LMSC swimmer only.

Ohio LMSC Treasurer – Scott Goertmiller:

Scott asked about the process of preparing the year-end report. He was told that the former Treasurer, Beth Emery, has the form and could help him complete this and send it to national office.

There is \$11,195 in the account at this time.

The committee spoke briefly about maybe subsidizing the Ohio State Championships to be held April 1, 2006. The Chairperson suggested we hold on to the money in hopes of hosting the 2008 or 2009 long course nationals at the new Ohio State facility.

Ohio LMSC Registrar – Laura Wright

Laura reported that there are 239 registered swimmers to date this year. She asked that e-mail updates for all swimmers are needed. She also suggested that the LMSC provide welcome packages for brand new swimmers, containing a cap and important information about the LMSC, schedules and other items. Maybe offer a t-shirt if you register before December 1? (for example, if a swimmer registers for 2007 by December 1, 2006).

Ohio LMSC Sanctions Chair – Mag Wright

So far this year, we have five sanctioned meets on the calendar in our LMSC: Anderson Barracudas meet (Sunday January 29), the Mardi Gras meet at Miami University (February 11), the SWOM meet in March, Splash meet at OSU on April 1, and the Bowling Green meet in late April. There was discussion about needing a long course meet (or two) in our LMSC. The group also discussed the fact that we need more meets in general, and that maybe if we make a list of volunteers who will help

run a meet, that more teams will be willing to host one. This list would include meet directors, people to run the console, referees, starters and the like. It would also contain hints and suggestions for a well-run meet (i.e., how to get timers—use local age group teams or students who need volunteer credits).

OTHER TOPICS:

1. A Swim clinic needs to be hosted. Especially with all the triathletes in our ranks and the number of athletes is increasing. CJ will look into this.
2. Laura brought up questions on being a USMS Official. It was clarified that a YMCA or USA Swimming official can officiate at a USMS meet.
3. The USMS Convention is in Detroit this September. Mag offered to attend; Bill is a possibility. CJ is a definite.

The meeting was adjourned at 12:00 p.m.

USMS Long Distance Postal National Championship

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/>

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 Qualifying 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 3rd. However, the final names for the swimmers do not have to be submitted until 1PM 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 July.

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.

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

Places To Swim in Ohio

Attention all Teams and Clubs!!!

Have you been to the Places to swim page on the Ohio or USMS website? If so, are all the workout groups in your area up to date? Would you please check this information and let Scott Goertemiller know if there is a need to be updated?

Go to the USMS website at www.usms.org and click on Places to Swim. Filter out your LMSC and all the places currently listed will appear. If there is one that is out of date, click on “edit a place to swim”, make the appropriate changes and click “submit” and then the information for that program will be up to date

On Line Meet Entry for Sanctioned Events

On January 28, 2006 the USMS Board of Directors adopted a policy to allow on-line 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 on-line 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 on-line entry. The final guidelines will be developed by the Legislation Committee.

Basically what these policy statements do is to make an official statement approving the already

common practice of on-line event entry. And it provides our Sanctions Chairs with guidance on what is needed for these events to follow USMS procedures.

On-Line Event Entry – Preliminary Guidance to Sanctions Chairs and Meet Host

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

- The on-line 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 on-line 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 on-line 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 on-line entry is utilized.

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

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.

RULES CORNER - Breaststroke

Kathy Casey, Rules Committee Chair

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.

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.