



## NEWS RELEASE: February, 2013

### 2013 Coming Events (More Events: [http://www.usms.org/comp/event\\_search.php](http://www.usms.org/comp/event_search.php))

Date	Event	Location	**	More Information
Feb 9	Miami Redfin Mardi Gras Meet	Miami University; Oxford, OH	SCY	<a href="http://www.usms.org/comp/event.php?MeetID=20130209MARDIGY">http://www.usms.org/comp/event.php?MeetID=20130209MARDIGY</a>
Mar 16	Anderson Meet	Anderson YMCA; Cincinnati OH	SCY	<a href="http://www.usms.org/comp/event.php?MeetID=20130316AndersY">http://www.usms.org/comp/event.php?MeetID=20130316AndersY</a>
Mar 16	Ohio LMSC Annual Board Meeting	Anderson YMCA; Cincinnati OH		Right after the Anderson Meet, more information coming soon
Mar 23	1 <sup>st</sup> Annual Swim Against Huntington's Disease 2013 OH LMSC State Championship	Ohio State University McCorkle Aquatic Pavilion, Columbus, OH	SCY	<a href="http://www.usms.org/comp/event.php?MeetID=20130323columbY">http://www.usms.org/comp/event.php?MeetID=20130323columbY</a>
Apr 11-14	YMCA Masters Nationals	Ft. Lauderdale, FL	SCY	<a href="http://www.ymcaswimminganddiving.org/displaypage.asp?Cat=2013Masters">http://www.ymcaswimminganddiving.org/displaypage.asp?Cat=2013Masters</a>
May 9-12	USMS Spring Nationals	Indianapolis, IN	SCY	<a href="http://www.usms.org/comp/scnats13/">http://www.usms.org/comp/scnats13/</a>
Jun 5-9	Pan American Championships	Sarasota, FL	LCM	<a href="http://www.panamericanmasters2013.org">www.panamericanmasters2013.org</a>
Jul 21-Aug 1	National Senior Games	Cleveland, OH	SCY	Age 50+ (Must Have Qualified in 2012) <a href="http://www.nsga.com">www.nsga.com</a>
Aug 7-11	USMS Summer Nationals	Mission Viejo, CA	LCM	<a href="http://www.usms.org/comp/nationals.php">http://www.usms.org/comp/nationals.php</a>

\*\* SCY = Short Course Yards (25 yard pool)    SCM = Short Course Meters (25 meter pool)    LCM = Long Course Meters (50 meter pool)

### Elections are coming...

Are you interested in volunteering your time and talents with your club, Local Masters Swimming Committee, or even at the national level? U.S. Masters Swimming provides leadership tools to our local and national volunteers. We want to enrich your volunteer experience and enable you to give back to the sport you love. YOU... (Volunteers) are our organization's greatest ambassadors, educating our members and the community-at-large about the benefits of swimming. You help to provide the opportunities for adults to pursue fitness, fun, and competition.

The Ohio LMSC (**Local Master's Swim Committee**) Board is made up of dedicated volunteers who love to swim and want to give something back to the sport that has given so much to them and to their friends. We meet two or three times a year; usually in conjunction with a great swim meet, like **Miami** in November and **Anderson** in March. Please consider attending the **March 16th** meeting right after the Anderson Meet in Cincinnati. It's a great meet – Ohio's Oldest and one of the most fun and what a great way to get ready for the **State Championships** the next weekend in Columbus.

If you would like to know more about getting involved, working with great people on the Board, please e-mail to [OHChair@usms.org](mailto:OHChair@usms.org) or call: (937) 609-0542 and let us know ... We would love to have more participation; especially from northwestern Ohio and the Columbus area.

### Back to the Basics --- *Good to know info*

**Breaststroke** - The breast-stroke pullout has 3 phases: glide, pull-down, & the recovery-kick phase. Done right, they produce maximum speed and efficiency. As you begin the first stroke at the surface, the distance and speed gained from the pullout defines the power of that breakout stroke. Too little emphasis on any phase will slow you down before the first stroke at the surface. See the whole article by Luca De Matteis at:

<http://www.usms.org/articles/articledisplay.php?a=340>

**Butterfly** - It's often seen as one of the more difficult strokes to master. Yet, done properly, it is rhythmical and beautiful and the good flyers make it look effortless. They've learned how to minimize resistance and finesse the water instead of trying to power through it. Rhythm is key, not power. See the whole article by Cokie Lepinski at: <http://www.usms.org/articles/articledisplay.php?a=373>

**Please Send "Good to Know" Information or interesting articles** for future News Releases to: [OHEditor@usms.com](mailto:OHEditor@usms.com)

**Let us know about your meet** If you are hosting a meet, let us know... We will advertise it in upcoming newsletters... If you want to have a meet or two in the coming year, now is the time to schedule them. Send an e-Mail to Jeff at [OHSanctions@usms.org](mailto:OHSanctions@usms.org) for details.

### Fun Facts:

- The Japanese won all the men's titles except the 400M freestyle in the 1932 Los Angeles Olympics. Buster Crabbe won the 400-meter free. (USA Swimming)
- Americans Nancy Hogshead and Carrie Steinseifer had the first official tie in Olympic history in the 100M free (1984 Olympics - 55.92 sec.. (USA Swimming)
- A blue whale's belly button is about 8 inches wide. (Animal Trivia)
- In the 1948 Olympics, the U.S. won every event in the swimming competition. (USA Swimming)
- Johnny Weissmuller, the first to swim 100 meters in less than a minute, was a hero in real life too! He saved the lives of 11 people when an excursion boat capsized on lake Michigan. He also played the role of a hero in reel life - 'Tarzan the Ape man' in the movie series.
- Tracy Caulkins is the only swimmer ever, man or woman, to own American records in every stroke. (USA Swimming)
- Henry Sullivan, in 1923, was the first American to swim the English Channel. (Famous Firsts)
- Gertrude Ederle, the first woman to swim the English Channel in 1926 was a teenager and she broke the speed record held by a man. (Dishout)
- The most unusual event at the 2<sup>nd</sup> Modern Olympic Games in Paris (1900), was underwater swimming. Two points were awarded for each meter swum underwater. In addition, one point was added for every second submerged. Frenchman Charles de Venderville won the event swimming 60 meters and staying submerged for 68.4-sec. Denmark's Peder Lykkeberg stayed underwater longer (90 Sec.) but only traveled 28.5 meters. This was the first and only time underwater swimming was held at the Olympic Games. (ASI)

### Renew Your USMS Membership Another friendly reminder... Renew your USMS membership! Online renewal is the fast & easy:

<http://www.usms.org/reg/> . If you require a paper form contact [OHRegistrar@usms.org](mailto:OHRegistrar@usms.org). Membership for 2013 is \$40