

Streamlines... from the National Office

USMS National Office, P.O. Box 185, Londonderry, NH 03053-0185, Ph: 800-550-SWIM WINTER 2003 ~ Page 1

Greetings from the National Office...

Good News! The 2002 USMS membership finished up at 42,181 which is approximately 1,600 more members than year end 2001. If you are interested in seeing the membership breakdown by LMSC you can find this in the General Information section of the 2003 LMSC Handbook.

What is the 2003 LMSC Handbook you ask? It is a compilation of information, which provides guidelines to the LMSC officers that will assist them in performing their respective duties. This Handbook is chock full of information and is GREAT reading for anyone who is interested/involved with the administration of Masters Swimming.

Where can you find the 2003 LMSC Handbook? Well, right on the USMS website of course at

www.usms.org/admin/lmschb/

E-mail messages were sent to the following Officers along with the above link and a Word attachment of their respective section - Chairman, Registrar, Treasurer, Top Ten, Sanctions, Long Distance and Editor. If you were not able to read the PDF files or open the attachment, please let me know and I will send you a hard copy. Other sections of the Handbook include - General Information, Insurance, Marketing/Public Relations, Convention and By Laws. Hard copies of the complete handbook are being sent to all LMSC Chairmen and Registrars.

The Ransom Arthur Award is USMS's most prestigious award. It is presented annually to the person who is deemed by the Recognition and Awards Committee to have done the most to further the objectives of Masters swimming programs. **The deadline for nominations is Saturday, March 15th**. Included in this newsletter are the nomination form and guidelines.

Every year the Rule Book Editor (that would be Meg Smath) tries to put out the perfect (mistake-free) rule book, and as she said "it never happens". An error occurred in printing page 17 of this year's rule book. Section 101.3.5 inadvertently contains portions of the breaststroke finish rule (101.2.5). In its entirety it should read: "At the finish, the body shall be on the breast and touch shall be made with both hands simultaneously at, above, or below the water surface." It remains identical to the 2002 USMS rule and the corresponding USA-Swimming rule. You will find a corrected version of page 17 in this newsletter.

Did you challenge yourself and swim the 1 Hour Swim this year? I did, and I'm happy it is over with. I hope all is well with you and your LMSC!

Tracy

THINGS TO DO...

Listed are **all deadlines** from the USMS Working Calendar. Please read this and use as a reminder. This 2002/2003 Working Calendar is posted in its entirety on the USMS website at: www.usms.org under **Administration**

FEBRUARY ~ 2003

1st

- Convention Chair (Michael Heather - Convention@usms.org) sends 2003 requirements to USAS
- 4th Quarter Financial Reports prepared by USMS Controller (Cathy Pennington - Controller@usms.org)

1st - 5th

- USOTC High Altitude Training Camp

5th

- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office) - SWIM Magazine Label Month

8th

- Preliminary Top Ten mailed to LMSC Top Ten Chairmen and Records and Tabulation Committee members for proof reading
- Zone Reps submit list of events for SWIM calendar for May/June issue to Zone Chair (Lynn Hazlewood - Zones@usms.org)

15th

- Call for Ransom Arthur nominations sent to LMSCs and SWIM from Kathy Casey, USMS Recognition and Awards Chair - Awards@usms.org
- Editorial materials due to USMS SWIM Magazine Editor (Bill Volckening - SWIMEditor@usms.org) for May/June issue
- Long Distance All American Listing due from Long Distance Chair to USMS SWIM Magazine Editor (Bill Volckening - SwimEditor@usms.org) for May/June issue
- Deadline for submission of fiscal 2002 reimbursements or payments due to the Controller (Cathy Pennington - Controller@usms.org) from all cost center heads

22nd

- Responses due from Top 10 proof-reading to Records and Tabulation Committee Chair (Pieter Cath - TopTen@usms.org)

28th

- Reports from Committee Chairs on status of projects, etc., due to Executive Committee Liaisons
- Deadline for nominations for USMS officers due to Zone Chair

Streamlines... from the National Office

FEBRUARY continued

Other deadlines this month ~

- Pre-meet site visit by Championship Committee liaison to SC Nationals host (Arizona State University)

MARCH ~ 2003

1st

- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office)
- SCM Top 10 list sent to printer

15th

- Summary of liaison reports due from Executive Committee members to the President (Jim Miller, MD – President@usms.org)

20th

- Call for USMS Service Award nominations to LMSCs from Kathy Casey, USMS Recognition and Award Chair – Awards@usms.org

30th

- Quarterly Swim Info product sales report/payment due to USMS

31st

- Deadline for receipt of candidate questionnaire and personal references for USMS officer elections

Other deadlines this month ~

- Final call for 2003 Mentor Coach and Swimmer Clinic applications
- Final call for 2003 Open Water Clinic applications
- Plans and information for 2003 Masters Coaches Conference distributed
- Notify Sponsors of SC Nationals due dates for booths, banners, and ads
- Committee Chairs prepare ½ year reports for Liaisons and National Office

APRIL ~ 2003

1st

- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office)
- Bid packets sent to interested bidders for USMS 2004 Long Distance Championship events
- USMS Secretary (Sally Dillon – Secretary@usms.org) notifies LMSCs of delegate entitlements for 2003 Convention

3rd

- Short Course National Championship “postmark” entry deadline

8th

- Zone Reps submit list of events for SWIM calendar for July/August issue to Zone Chair

10th

- SC National Championship entry “receipt” deadline

APRIL continued

15th

- Editorial materials due to USMS SWIM Magazine Editor for July/August issue
- Committee ½ year report due to National Office Administrator (Tracy Grilli – USMS@usms.org) Executive Secretary for publication in the Spring issue of Streamlines...
- Ransom Arthur ballots due Recognition and Awards Committee to Chair (Kathy Casey – Awards@usms.org) for tabulation
- Deadline for submission of information to be included in the Spring issue of Streamlines... from the National Office

24-27th

- YMCA National Championship, Sarasota, Florida

30th

- LMSC minutes of 2002 annual meetings and copy of 2002 financial statements due to National Office from all LMSCs
- Initial deadline for LMSCs to submit the names of their delegates to the 2003 Convention due to the USMS Secretary (Sally Ann Dillon – Secretary@usms.org)
- Deadline for receipt of evaluations from committee chairs and other USMS personnel for USMS officer elections
- Spring issue of Streamlines... sent via e-mail or snail mail

Other deadlines this month ~

- All American roster prepared and congratulations sent from the President
- Coaches Committee Quarterly (CCQ) mailed (report compensation survey results)
- Coaches Chair (Michael Collins) check progress with LSMC Coaches Reps

MAY ~ 2003

1st

- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to Tracy at the National Office)
- Delegates from 2002 receive Convention Registration packet for 2003 Convention via e-mail or snail mail from the National Office
- Cost Center Heads receive budget forms (for 2004 budget) from Finance Chair (Tom Boak - Finance@usms.org)

15th

- Controller's filing deadline with IRS for Form 990
- Convention Committee Chair (Michael Heather - Convention@usms.org) sends out final notice to Committee Chairs regarding equipment requirements for convention.
- First Quarter Financial Reports prepared.

Streamlines... from the National Office

MAY continued

15-18th

- USMS Short Course National Championship, Arizona State University, Tempe, Arizona.
- Ransom Arthur award winner announced at SC Nationals.

20th

- National Office sends reminder to LMSCs of July 10th deadline for submission of proposed code amendments

31st

- Committee Chairmen send reports containing updates on activities to Executive Committee Liaisons.

Other deadlines this month ~

- Pre-meet site visit by Championship committee Liaison to LC Nationals Host, Rutgers University, Piscataway, New Jersey
- Notify Sponsors of LC Nationals due dates for booths, banners and ads.
- USMS Secretary (Sally Ann Dillon - Secretary@usms.org) sends reminders to LMSCs for names of delegates to 2003 Convention, San Diego, California

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CONTACT UPDATES...

Following are updates received by the National Office after the printing/distribution of the 2003 Rule Book and USMS Directory. * listed in the USMS Directory

- *Clarine Anderson Pacific Treasurer – ClarineAnderson@aol.com
- *Bill Cleveland, Southern Sanctions – 920 Thora Blvd, Shreveport, LA 71106
- *Michael Collins – mcollins@multisports.com
- *Colleen Driscoll – Work 516-764-8058
- *Jack Geoghegan – jgeoghegan@gqlawyers.com
- *Dan Gray – Home 541-890-5483
- *Cindy Hawkinson – Work/Fax 303-660-8939
- *Julie Heather – Fax 626-296-1841
- *Esther Lyman – State in NH (not NY)
- *Judy Martin, Virginia Sanctions – 533 (not 235) Summer Lake Lane
- *Sam Perry, Arizona Chairman – azperrys@cox.net
- *CJ Rushman – cjrushman@att.net
- *Julie Stewart, New Jersey Chairman – Home is 908-598-0589
- *Ann Svanson, 3331 Elm Terrace, Falls Church, VA 22042
- *Joanne Tingley, Kentucky Registrar – jtging@bellsouth.net

A full list of LMSC Officers can be found at www.usms.org/usmsdirsearch.htm

- Allegheny Mountain – Chairman, Treasurer, Sanctions – Josh Heynes, 10559 Bay Reef Dr, Dunkirk, NY 14048, Home 716-366-3409, Work 814-898-7147, jdh15@psu.edu
- Border Chairman – Jane Masters, 4575 Weeping Willor, El Paso, TX 79922, Home 915-845-3941, fennr003@aol.com
- Metropolitan Chairman – Kenn Lowy, 200 Clinton St Apt 6D, Brooklyn, NY 11201-5626, Home/work 718-855-0345, Fax 718-852-2724 klowy@wrinklemuzik.com
- Metropolitan Secretary – Carol Kirkpatrick, 146 Clark Rd, Goshen, NJ 10924, Home 845-651-4202, Work 845-651-4202, ckirkpatrick@hvc.rr.com
- Missouri Valley Chairman – Temporarily is Anna Lea Roof
- Niagara Sanctions – Amy Johnson
- Oregon Coaches – Stephanie Turner, 1500 SW Davis Lane #60, Lake Oswego, OR 97035, Home 503-697-3117, work 503-223-6251 x 226,
- Oregon Top Ten – Mary Sweat, 5353 SW Loma Linda Dr, Redmond, OR, 97756-9037, Home 541-504-5338, mbsweat@yahoo.com
- Pacific Long Distance – Cindy Clements, 557 Scenic Ave, San Anselmo, CA 94960, Home 415-457-3717, Work 510-559-4692, cindy_clements@berlex.com
- South Carolina Editor – Barry Clark, PO Box 41, Columbia, SC 29202-0041, Home 803-951-2114, Work 803-779-2690, bclark@bwclark.com
- North Texas Sanctions – Robbi Holman, 1585 West Springcrest Cir, Lancaster, TX 75134, 214-695-5994, rdholmantx@aol.com

Hawaii International Masters

Meet & Open Water Race

June 27, 28 & 29, 2003

Deadline June 10, 2003

The Hawaii LMSC has been approached by the Japan Masters Swimming Association and will be hosting a 25 meter meet in at the Kihei Aquatic Center, Maui, Hawaii. On Friday & Saturday June 27 & 28th. Meet Director is Janet Renner and she can be reached at 808-573-8656 or chair@hawaiimastersswim.org

This meet is open to all currently registered USMS swimmers age 19 and over. Entry information and entry form can be found on the Hawaii Masters website at www.hawaiimastersswim.org

NEW LMSC OFFICERS...

Streamlines... from the National Office

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Hawaii International Masters Open Water Race Sunday – June 29, 2003 Deadline June 10, 2003

Kamaole Beach Park I, Kihei, Hawaii
Hosted by the Valley Isle Masters Swimmers & South Maui Sharks in cooperation with Maui county

This open water race is open to all currently registered USMS swimmers age 19 and over. Entry information and entry form can be found on the Hawaii Masters website at www.hawaiimastersswim.org

Entries are due to the meet director no later than June 10, 2003.

FINA World Masters Swim Championships Riccione, Italy 2004

From the Dixie Zone Newsletter – research done by Bill King

The city of Riccione is on the Adriatic Sea about 200 kilometers south of Venice.

Dates subject to change – June 3 – 13, 2004

Website will be available in the near future

Riccione Tourist Bureau -

Comune di Riccione

Assessorate al Turismo

Palazzo del Turismo

P.le Ceccarini, 11

47838 Riccione, Italy

Phone – 0541/693302-608332

E-mail - iat.riccione@iper.net

Bill e-mailed them and received a very nice tourist packet. It appears to be a great vacation area without the tourist hype of Rome, Pisa, Florence, etc.

Pool Website – www.polcomriccione.com

Click on left side of screen: Chi Siamo & Nuoto Agonistico for Photo and description (it is in Italian)

Pool e-mail – info@polcomriccione.com

Other websites –

www.donimo.com/italy_travel.com.html

www.amalifinet.it/touristbureau.com

www.itwg.com/ct_00096.asp

The above can get us started. If you find something interesting, please let Bill know at - loretbil@colorado.net or 970-453-4218.

Pool Measuring Tips

From Anna Lea Roof

To comply with USMS's new rules for pool measurement, my LMSC, Missouri Valley, purchased a 200-foot steel measuring tape from a surveying equipment store. I have measured 4 race courses so far and have a few tips for achieving accurate measurements.

One of our pools has a stainless steel lip that protrudes approximately one-quarter inch from the concrete pool wall, along the top (water level). This is the shortest point across the pool. Because this lip is utilized in certain turns (breaststroke), the pool length was measured from this lip.

Because we were measuring at the water level, I needed a way to "float" the measuring tape on the surface of the water. The solution: a swim noodle! I constructed buoys from an old swim noodle that had a hole down its center. I cut the noodle into 4inch lengths. My plan was to thread the tape through the buoys. However, our measuring tape has a large metal ring on the end and the ring would not fit through the hole in the center of the buoys. I ended up cutting a lengthwise slit along each buoy, pulling them apart, and inserting the tape.

The buoys only need to be spaced about every ten feet. They work quite well.

In another one of our pools, it was necessary to measure about 5 inches below the water surface (as this was the shortest distance across the pool). In this case, of course, we didn't use buoys. It helps in this situation to have a couple of swimmers stationed in the water, halfway across the pool, to help pull the tape taut while taking the measurements.

A good steel measuring tape should be labeled with its coefficient of thermal expansion. (our tape has a coefficient of 0.000052 per degree Fahrenheit, calibrated at 68 degrees Fahrenheit). This number is used to compensate for the fact that the tape's length increases at temperatures above 68 degrees Fahrenheit. And shrinks at temperatures below 68. If you need examples of how to perform these calculations, you can contact me at RegChair@usms.org