

Streamlines... from the National Office

Greetings from the National Office...

The 2004 Convention in Orlando, Florida has taken place and it was powerful (so much to tell, so little room here in this newsletter). You will find the minutes from all the meetings on the USMS website at www.usms.org/admin/conv04. I am sure I speak for all in attendance - A special thank you to Meegan Wilson, Victor Buehler, Doug Messineo and the members of the Florida LMSC for doing such a wonderful job coordinating the USMS hospitality suite!!! THANK YOU !

As you know, we are into a new registration year as of November 1st. Therefore your 2005 LMSC Registration and 2005 Club Registrations are due! Chairmen, Registrars and Club Contacts – please note that the LMSC Registration fee is \$30 and the Club Registration fee is \$30. **Please note – 501.2 Mandatory Memberships (Rule Book page 83) – All members of the House of Delegates and Board of Directors and all members of any committee of the corporation shall hold an individual membership of the corporation. Please be sure that all of your LMSC Officers are currently registered!**

In this issue you will find Esther's annual "Registration Facts" for 2004 for your review. If you have any questions or would like more specific information for your LMSC, contact Esther at Registration@usms.org.

Anna Lea Roof and the members of the Registration Committee are in the process of updating the Registration section of the LMSC Handbook (which includes the registration forms). This will be up on the USMS website soon at www.usms.org/admin/lmschb. The remaining sections of the handbook are in the process of being updated and an announcement will be e-mailed out to all officers, informing you when they are up on the website.

There are a number of other important announcements in this issue so please be sure to read it in its entirety. Feel free to put any of this information into your newsletter so that all our members are informed.



President's Note

I find it only appropriate that I should begin by thanking all of you for the untold hours that you dedicate to our sport. You are unique in the world of sport. Your efforts support the largest masters sports organization of any sport that is completely self-governing. While leading, you must always strive to keep the goals of the sport

foremost in our minds. Our focus on the core objectives (service, education, and growth) is the vehicle that will keep our organization vital. Always remember that fun and camaraderie are key components in our success.

Major changes were voted into place during the Orlando convention. These deserve comment. The Governance Task Force, under direction of the Planning Committee, has made tremendous strides forward. The 2005 elections will be very different. In addition to the President, Secretary, and Treasurer, there will be 4 Vice Presidents, whose duties will be defined by different aspects of USMS, such as club development, member services, etc. The exact titles and responsibilities are still under development, so look for further clarification. Instead of a Board of Directors there is an unwieldy 42 members, appointed by the President as committee chairs, the BOD will be 8 in number, distributed by Zones and also elected. Quite a difference! These changes will make USMS more responsive to your needs and better able to respond than the much larger version that we have now. In addition, the position of Executive Director is under consideration at this time. Speaking for those of us on the current EC, this is long over due. Electronic communication is wonderful, but the work load on a daily basis is escalating at an exponential rate. Having an individual that can carry out the day to day work of our organization will help to assure that projects move consistently forward and that prioritization of our volunteers' time is coordinated.

The second major change was a decision to enter into a partnership with Douglas Murphy Communications to produce our national publication. The screening of candidates and interviews that took most of this past year, and culminating in a close vote by the House of Delegates supporting this new course. USMS will own the magazine and its intellectual content completely. DMC will publish the magazine, overseeing the writing along with our National Publication Editor and a transition task force that is currently hard at work on an exciting series of feature departments to serve our entire membership. USMS will share in the profits of the production at a much higher percent than prior with the new concept of association publishing. This will allow us to keep down dues increases to our members and also respond to educational needs of our members on a broader front. Many of the committees are on the ground floor working on exactly this. I am sure that you will be pleased with the results of their hard work. The first issue will be the March/April issue. Sports Publication's contract runs until that time. I would like to thank Sports Publication for their years of support in producing SWIM magazine. The new national publication will be called USMS SWIMMER. Look for it to be coming soon. We are looking forward to this new relationship and your feedback, following the first issue.

Streamlines... from the National Office

THINGS TO DO...

Listed are **all deadlines** from the USMS Working Calendar. Please read this and use as a reminder. This 2004/2005 Working Calendar is posted in its entirety on the USMS website at: www.usms.org under **Administration**

NOVEMBER – 2004

- 1st
- 2005 Registration year begins
 - LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to the National Office at usms@usms.org)

- 2nd
- Final copies of Rules/Long Distance/Legislation changes to Rule Book Editor (Meg Smath, Publications@usms.org) from appropriate committee Chair (Leo Letendre, Peter Crumbine & Rob Copeland)

- 9th
- Records and Tabulation Chair (Pieter Cath, TopTen@usms.org) sends National Records to Rule Book Editor (Meg Smath, Publications@usms.org)

- 15th
- 2005 LMSC Handbook section updates due to National Office Administrator (Tracy Grilli, usms@usms.org)
 - National Office Administrator (Tracy Grilli) sends Rule Book Appendix E Committees and Chairmen to Rule Book Editor (Meg Smath)

- 16th
- Final proofreading of Rule Book due to Rule Book Editor (Meg Smath, Publications@usms.org)

- 22nd
- USMS Monthly Registration Report due to Controller, Treasurer, Finance Chair and Registration Chair

- 23rd
- All camera ready copy and artwork due to Rule Book printer (Gateway Printing & Graphics)

- 30th
- Deadline for LMSC Registrations to be submitted to the National Office

Other Deadlines in November ~

- Minutes of House Of Delegates, 2005 Budget and FOG sent (via e-mail/snail mail) to all who attended convention

DECEMBER ~ 2004

- 1st
- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to the National Office at usms@usms.org)

8th

- Zone Reps submit events for USMS Swimmer calendar for March/April issue to Zone Chair (Lynn Hazlewood, zones@usms.org)

- 15th
- Mailing labels for 2005 Rule Books and Mini Rule Books due to printer (Rule Book - Board of Directors, LMSC Registrars, members of Rules, Legislation, Long Distance, and Rule Book Committees, registered Clubs, Sponsors and individual orders. Mini Rule Book - LMSC Officials Chairs and members of the Officials Committee).

- Convention Committee Chair (Michael Heather, Convention@usms.org) sends out preliminary room set-up requirement information for 2005 convention to all Committee Chairs

- Editorial material due to USMS Swimmer Magazine Editor (Bill Volckening – editor@usms.org) for the March/April issue.

- 22nd
- USMS Monthly Registration Report due to Controller, Treasurer, Finance Chair and Registration Chair

- 30th
- Mailing of 2005 LMSC Handbooks – Full handbook is posted on the USMS website under Administration
 - Mailing of USMS Directory (includes all convention delegates, committee members and LMSC Chairmen)

- First mailing of 2005 Rule Books – Full 2005 Rule Book is posted on the USMS website

- 31st
- USMS 2006 ISHOF candidate due to ISHOF
 - End of Short Course Meter season
 - End of 2004 Fiscal Year

Other deadlines this month ~

- USMS Secretary (Sally Ann Dillon, Secretary@usms.org) distributes Committee Chairman Handbook to NEW committee chairs (this is distributed to all every-other year except for new assignments)
- LCM Top Ten Issue sent out

JANUARY ~ 2005

- 1st
- HAPPY NEW YEAR!!!
 - LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to the National Office at usms@usms.org)
 - Signed contracts for 2005 Long Distance National Championship events (except for One Hour Postal) due to Long Distance Committee Chair (Peter Crumbine, LongDistance@usms.org)

- 6-9th
- Executive Committee mid-year meeting, Dallas, Texas

15th

Streamlines... from the National Office

- Room set-up requirements for 2005 Convention due from Committee Chairs to Convention Committee Chair (Michael Heather – Convention@usms.org)
- Deadline for submission of information to be included in the Winter issue of Streamlines... from the National Office (Tracy Grilli, USMS@usms.org)

22nd

- USMS Monthly Registration Report due to Controller, Treasurer, Finance Chair and Registration Chair

26th

- LMSC SCM Top Ten Reports due to Top Ten Chair (Pieter Cath – TopTen@usms.org)

30th

- Open Water Clinic application distributed to clubs and LMSCs (Coaches – Bob Bruce – Coaches@usms.org)
- Winter issue of Streamlines... sent out via e-mail or snail mail

31st

- Final requests for reimbursement for 2004 expenses due to the Controller (Margaret Bayless, Controller@usms.org) from all cost center heads

31st – February 4th

Other deadlines in January ~

- Bid packets sent to interested bidders for USMS 2007 SCY & LCM National Championship (Barry Fasbender, Championship@usms.org)
- Solicitation of information for 2005 Long Distance Calendar

FEBRUARY ~ 2005

1st

- Bid packets e-mailed to interested bidders for USMS 2007 Long Distance Championship events from Long Distance Chair (Peter Crumbine, LongDistance@usms.org)
- Convention Chair (Michael Heather, Convention@usms.org) sends 2005 requirements to USAS
- 4th Quarter Financial Reports prepared by USMS Controller (Margaret Bayless, Controller@usms.org)

5th

- LMSC Registrars send registration reports to National Office (Electronic Files sent to Esther at Registration@usms.org, hard copies and checks sent to the National Office at usms@usms.org) – USMS Swimmer 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 USMS Swimmer calendar for May/June issue to Zone Chair (Lynn Hazlewood, Zones@usms.org)

12th – 16th

- USOTC Training Camp, Colorado Springs, Colorado

15th

- Call for Ransom Arthur nominations sent to LMSCs and USMS Swimmer Magazine Editor from Recognition and Awards Chair (Kathy Casey, Awards@usms.org)
- Editorial material due to USMS Swimmer Magazine Editor (Bill Volckening Editor@usms.org) including Long Distance All American Listing from Long Distance Committee Chair (Peter Crumbine) for May/June issue
- Long Distance All American Listing due from Long Distance Chair to USMS SWIM Magazine Editor (Bill Volckening – editor@usms.org) for May/June issue
- Deadline for submission of fiscal 2004 reimbursements or payments due to the Controller (Margaret Bayless, 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)
- USMS Monthly Registration Report due to Controller, Treasurer, Finance Chair and Registration Chair

28th

- Reports from Committee Chairs on status of projects, etc., due to Executive Committee Liaisons

Other deadlines in February ~

- Pre-meet site visit by Championship Committee liaison to SC Nationals host (Hall of Fame Complex, Ft Lauderdale, Florida)

CONTACT UPDATES...

- Chris Beardsley (Niagara) – 1059 Cortland Rd, Groton, NY 13073
- Jack and Peggy Buchannan (Colorado) – jpb@vail.net
- Joannie Campbell (Florida) – 802 Old Mill Pond Rd, Palm Harbor, FL 34689
- Kathy Casey (Pacific Northwest) – kathyj.casey@comcast.net
- Kevin Colleran (Snake River) – kcoll3467@msn.com
- Rob Copeland (Georgia) – rob.copeland@suntrust.com
- George & Tillie Cunningham (Pacific) – area code change to 831-336-8215
- Maria Doelger (Metropolitan) – 6 Knoll Top Rd, Stony Brook, NY 11790, 631-689-1590
- Doug & Mary Garcia (Inland Northwest) – dougmarygarcia@adelphia.net
- Mark Gill (Virginia) – 8429 A Easton Commons Dr, Louisville, KY 40242, markgill@usms.org
- John Hughes (Colorado) – 465 W Burgundy St # 1423, Highlands Ranch, CO 80129
- Nancy Miller (Virginia) – 3362 John Tree Hill Rd, Powhatan, VA 23139, 804-897-6392
- Hugh & Jane Moore (Pacific Northwest) – 2102 N Vassault, Tacoma, WA 98406, 253-759-4956

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- Robin Paine (North Dakota) – 314 N 49th St, Grand Forks, ND 58203-2616, 701-746-5779
- Jennifer Parks (Central) – 657 Goldenrod Ave, Holland, MI 49423
- Cathy Pennington (Potomac Valley) – cpennington@corpuschristischool.org
- Al Prescott (New England) – bigalprescott@comcast.net
- Scott Rabalais (Georgia) – scottrabalais@comcast.net
- Walt Reid (Pacific Northwest) – walt.reid@comcast.net
- Jeff Roddin (Potomac Valley) 240-464-3982
- Carl Saxton (Central) cmsasecretary@sbcglobal.net
- Bill Sherman (Missouri Valley) – bsherm81!kc.rr.com
- Julie Stewart (New Jersey) – 1124 Goswick Ridge Rd, Midlothain, VA 23114, 804-897-6102
- Joanne Tingley (Kentucky) – jgting78@bellsouth.net
- Stephanie Walsh Beilman (Delaware Valley)-stephswim1@verizon.net
- Rhea Wilkins (North Carolina) – 1117 Crowne Ct, Winston-Salem, NC 27106, 336-703-9664
- Mag Wright (Ohio) – 312 E Mulberry St, Lancaster, OH 43130, 740-687-6267, magwright@columbus.rr.com
- Vice Chairman – Rand Vaillancourt, 129 Jackpine Dr, Pasadena, MD 21122, 410-360-4210, rmvaill@aol.com
- Secretary – Kay Williamson, 560 Serenity Ct Apt L, Odenton, MD 21113, 410-672-0499, af_swimr@swimmail.com
- Treasurer – Nancy Brown, 424 Riverside Dr, Pasadena, MD 21122, 410-255-0699, nancygeoff@mymailstation.com
- Editor – Ruth Reiner, 2804 Carrollton Rd, Annapolis, MD 21403, ruthreiner@comcast.net
- Top Ten – Mark Hurley, 3 Treadway Ct, Nottingham, MD 21236-5442, 410-931-2007, pcccar@radicus.net
- Registrar – Karen Tudker, 10038 Davis Ave, Woodstock, MD 21163, 410-203-2890, ktloves2swim@aol.com

Montana –

- Chair man– Ann Gilbert

South Texas –

- Registrar – Donna Schubkegel 2700 Via Fortuna, Suite 160, Austin, TX 78746, 512-426-2070, donna@aptx.com

Oregon –

- Treasurer – Doug Christensen, 11700 SW Rodecrest Dr, Beaverton, OR 97008, 503-754-2747, dchriste@safewaynw.org

South Carolina –

- Registrar/Treasurer – Jeff Stone, 119 Hillsborough Drive, Greenville, SC 29615, 864-288-3350, js.stone@charter.net, jeff.stone@bmwmc.com

NEW LMSC OFFICERS...

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

Adirondack –

- Registrar – Paul Strothenke, 42 Kleine Kill Dr, New Paltz, NY 12561, 845-255-0666, midhudsonvip@aol.com

Allegheny Mountain –

- Chairman, Registrar, Treasurer – Joe Skoski, 1403 Sherman Ave, Pittsburgh, PA 15212, 412-322-8840, virski@telerama.com

Central –

- Registrar – Marcia Cleveland
- Assistant Registrar – Greg Weber, 301 York Dr, Grayslake, IL 60030, 847-446-5142, gregjweber@aol.com
- Treasurer – Barbara Delanois, 800 Oak St, Danville, IL 61832, 217-446-5255, delanois@davis-delanois.com

Delaware Valley –

- Chairman – Steve Kelly, 846 Flexer Ave, Allentown, PA 18103, 610-433-0367, sdhkelly@cs.com

Gulf –

- Chairman – Nancy Rossetti
- Registration – J Scott Campbell
- Sanctions – Kris Wingenroth
- Coaches & Secretary - Vacant

Maryland –

- Chairman – Patty Devanny, 419 Nottingham Rd, Baltimore, MD 21229, 410-947-4669, pattyd@fountainheadtitle.com

USMS CONVENTION REVIEW

2005 Election -

United States Masters Swimming will hold an election during the 2005 Annual Meeting of the House of Delegates ("HOD"). All Officer and Director positions on the Board of Directors ("BOD") are up for election. The nomination period shall be from January 1, 2005 through April 30, 2005.

Nominations will be accepted for the following Officer positions on the BOD: President, Vice President for Member Services, Vice President for Community Services, Vice President for National Operations, Vice President for Local Operations, Secretary, and Treasurer. Nominations will also be accepted for a Director position from each Zone. Nominations for Officers and Directors shall follow the same process. Explanation of the duties of these BOD members can be found in the 2005 USMS Code of Regulations and Rules of Competition (Articles 505: OFFICERS and 506: BOARD OF DIRECTORS) and on the Election Section of the USMS Web Site.

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To be eligible for nomination, candidates shall: 1) be members in good standing of United States Masters Swimming, Inc. for the year when the Election is held; 2) have attended more than one USMS National HOD Meeting in the preceding five (5) years; and 3) plan to attend the HOD Meeting for the Election year in which they are standing for election, and plan to attend all HOD Meetings during their tenure. In addition to the above criteria, Candidates for Director positions shall be a resident and registered member of USMS in the Zone each is seeking to represent on the BOD.

Nomination packets may be obtained from the Election Section of the USMS Web Site (www.usms.org/admin/election05) starting January 1, 2005 or by contacting the Election Chair, Lynn Hazlewood (zones@usms.org).

Committee News from Convention –

USMS Endowment Fund

United States Masters Swimming Endowment Fund. The meeting of the Board of Governors at the USMS convention highlighted several matters of significance to all Masters swimmers:

- Through gifts and appreciation, the Endowment Fund has now reached in excess of \$150,000.00!
- The Endowment Fund Board of Governors approved a grant request from the Counsilman Center for the Study of Swimming at Indiana University for continued research into the effects of swimming and a healthy lifestyle on aging.
- Dr. Joel Stager presented preliminary findings from research conducted at the USMS Short Course Nationals held in Indianapolis this past May and the findings all tended to support what we have always beleived: Masters swimmers are more fit than the population as a whole. The research was funded, in part, by a 2003 grant from the Endowment Fund.

The Board agreed that a broader effort needs to be made to remind all Masters swimmers of the existence of the Endowment Fund both as a philanthropic resource and a source of grants for worthy projects. This past year, several thousand dollars were contributed to the Endowment Fund in memory of Masters swimmers who passed away. It was also pointed out that grants are available for a wide range of projects and not limited to just medical or scientific research. Efforts are being made to include information about the Endowment Fund on the USMS website. In the meantime, information can be obtained directly from Doug Church, Chair of the Endowment Fund Board of Governors, DChurch@cchalaw.com.

The registration check-off system continues to be a simple way for all Masters swimmers to participate in the development of the Endowment Fund. Don't forget to

add \$1 to your registration fee payment earmarked for the Endowment Fund. If all Masters swimmers added \$1, the Fund will grow rapidly and even more projects benefiting Masters swimmers can be funded!!

History and Archives

The H&A Committee continues to locate and index materials for the USMS archives. Photo subject and photographer permission forms are being collected while archived photos are being watermarked and annotated. When long awaited administrative tools being created by the USMS webmaster are completed, the H&A committee will be able to add to, update, maintain, and edit stories, photos, histories, data, and projects. The administrative tools for the H&A pages and the conversion and updating of the All American and All Star listings are expected to be completed by the end of 2004. The committee continues to provide research support for other USMS Committees.

ISHOF Nominating

The Ad Hoc ISHOF nominating committee selected Mel Goldstein as the USMS candidate to THE ISHOF for the category of contributor.

Legislation

Legislation: While 2004 was an "off year" for Legislation, USMS pass 2 amendments that place us well along the path of restructuring our organization to be more effective and more responsive to the needs of our members and the swimming community at large. With the bi-annual elections of 2005 we will have elected officers who will be responsible for critical USMS functions. We are adding a Vice president of Member Services to deal with the concerns of our members and the committees that support them, a vice president of Community Services with a focus on outreach into the swimming community and developing strategic partnerships with community and business leaders, a vice president of National Operations dedicated to ensuring that our national office and core operating committees are working towards our corporate mission and objectives, and a vice president of Local Operations committed to improving the quality of services provided through the USMS zones and LMSC's.

In addition, we reduced the size of our Board of Directors, so the board can become more effective in ensuring our policies and programs are aligned with our vision and mission. These changes are major tangible steps along the path of building a better USMS. We still have a ways to go in this evolution, but USMS remains committed to being the worlds premier adult swimming organization. Those of us involved in the governance task force are greatly encouraged by the positive feedback we are receiving, with respect to these changes. And we will continue to work through the coming months to finish the job we started.

Streamlines... from the National Office

USMS National Office, P.O. Box 185, Londonderry, NH 03053-0185, Ph: 800-550-SWIM

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Long Distance Committee

The 2006 championships were awarded to the following clubs: 1 hour Postal: OHIO Masters; 3000/6000 Postal: Rio Grande Swim Club; 5/10K Postal: River City Sharks (Lawrence, KS); 1 mile OW: OHIO Masters; 2 mile cable: Virginia Masters; 1-3 mile (3K) OW: Clemson Aquatic Team; +6 miles (10K) OW: Wingshadow (Fort Collins, CO); 3 – 6 miles (5K) OW: Chicago Masters.

We will be introducing new championship medals based on a design by Bill Volckening. These will be more attractive, lighter, and approximately the same cost as the existing awards. Robert Zeitner is heading a sub-committee to implement this decision.

The postal schedules have been modified slightly as follows: The 5/10K will run May 15-Sept 15 instead of May 15-Aug 31 and the 3000/6000 Sep 15-Nov 15 instead of Sep 1 – Oct 31.

Danielle Ogier is heading a sub-committee to nominate a long distance swimmer for the ISHOF. Criteria were developed last year in conjunction with the Ad Hoc ISHOF Nominating Committee.

Rules

The House of Delegates enacted several major changes to the USMS Rules of Competition. Members who are 18 years of age may compete in USMS sanctioned events. Swimmers are not allowed to participate in any manner, including warm-up, until their actual 18th birthday. Thus, if the birthday occurs in the middle of the meet, they may only participate on or after the birthday. Registrars cannot accept registration forms from swimmers prior to their 18th birthday or if signed prior to the birthday.

Another change enacted prohibits the use of hand paddles during a meet warm-up session. A series of changes to the rules governing National Championships was enacted in an attempt to better control the length of the competitive sessions. Included in these changes were the ability to limit competitors in either (but not both) the 800 or 1500 meter events to only those meeting the national qualifying time, several new seeding options for events 400 yards or longer and the ability to disqualify and remove a swimmer whose submitted seed time is so grossly inaccurate that completing the event would cause a significant and unanticipated delay.

Prior to convention, USMS Rules were changed to remain in compliance to FINA rules. USMS rules now prohibit the wearing of any device that could be used to convey pace. These include radios and watches including wristwatches.

After convention, we learned that FINA and USA-Swimming have determined that the Tyr Aqua Bands are

not legal for competition. Since we generally follow FINA and USA-Swimming rules and interpretations, the Aqua Bands are also illegal under USMS rules.

Awards Announced at Convention -

The following awards are presented annually by United States Masters Swimming. The awards for the year 2004 were formally presented at the United States Aquatic Sports Convention in Orlando, FL, September 15-19, 2004.

Ransom J Arthur Award – Leo Letendre

Speedo/USMS Coach of the Year – Scott Williams, Olympic Club Head Coach

The 2004 Dorothy Donnelly Service Award

Trisha Commons, Southern Pacific
Joan Alexander, Pacific

Marilyn Fink, San Diego Imperial

Cris Meier-Windes, Pacific

Dennis McManus, Michigan

Cheryl Gettelfinger, Indiana

Jeff Moxie, Southern Pacific

Mary Hull, Southern Pacific

Anna Lea Roof, Missouri Valley

David LaMott, San Diego Imperial

Dottie Whitcomb, Florida

Mark Moore, Southern Pacific

Mary Beth Windrath, Minnesota

George Simon, North Carolina

Robert Zeitner, Central

TYR Newsletter of the Year Award - Oregon
LMSC, Editor David Radcliff

USMS Fitness Award – Jody Welborn

David Yorzyk Memorial Award (most outstanding 400 IM at SC Nationals) –
Barbara Dunbar

National Championship Meet Award – Hill
Carrow

2005 Rule Book Dedication – Walt Reid

**SPMA
OVER 3,000
REGISTERED SWIMMERS!!!**

Southern Pacific Masters Swimming has registered 3000 swimmers for the first time in its history. The previous high was 2700 swimmers. Several factors are likely involved in this increase. We have been fortunate to

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USMS National Office, P.O. Box 185, Londonderry, NH 03053-0185, Ph: 800-550-SWIM

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have good publicity, in particular an Article by Bekah Wright (SCAQ) in the Los Angeles Times. The Olympic Trials were held in Long Beach, and the Olympics in Athens also keep swimming in the press. We've seen an improvement in the economy, and SPMA has worked very hard to improve communications with members via our website and newsletter. We have distributed 800 of the new brochures and we have one large club now requiring registration of all members (UCI). The Long Beach Grunions went from new club status two years ago to over 100 members this year. Also, members registered for the previous two years were invoiced (by email and/or regular mail).

training dose. These results to-date were presented at the FINA World Championships Sports Medicine Congress in October 2004.

The second study, *The USMS Aging Study*, is a much larger study and is just in the preliminary phase. The existing studies on the benefits of exercise have primarily used runners or cyclists, not swimmers. The goal of this research is to determine what health-related benefits swimmers enjoy as compared to the general population. Swimmers attending Short Course Yard Nationals in Indianapolis in 2004 were able to participate in the physiological testing being conducted by Dr. Stager and his graduate students. The study has several aspects, including a written survey, lung volumes, blood pressure, lipid panels, and body composition. Participants had the opportunity to receive their results while helping with important swimming-related research. Dr. Stager presented some early results from the testing to-date. Across all age groups swimmers had better lung volumes, lower cholesterol (with higher HDL, lower LDL), and better vertical jump (a measure of leg power) than the general population. Body mass index was not significantly different, except for women over forty: masters swimmers had lower body mass index.

The USMS Sports Medicine Committee is very excited about this research and would like to see it continue. For it to continue, more funding is needed than the Endowment, at this point in time, can give to one project in a year. The Committee, along with Doug Church of the Board of Governors (Endowment), is looking for ideas to generate the funding needed to continue this valuable research.

Got News?

Do you know someone who recently swam in his first meet? Has one of your lane mates recently received a civic award, celebrated a 50th wedding anniversary, or graduated Magna Cum Laude from the PhD program? Did a teammate recently break an old record?

USMS is launching a new National Publication, and we are seeking short news briefs about our members for our new "Swimming Life" department. News may include personal milestones, accomplishments, humorous stories, and any other news about USMS members that may be of interest to other members.

News briefs must be between 50-100 words and must include an original print or 300 DPI high resolution digital image. Electronic submissions preferred. Please send news to: Bill Volckening, at editor@usms.org, or mail them to: Bill Volckening, 1220 NW 119th Place, Portland, OR 97229. Please contact Bill with any questions.

2006 SHORT COURSE NATIONAL CHAMPIONSHIP Coral Springs, Florida

The 2006 Short Course Nationals will be held in Coral Springs, Florida. Since the FINA Masters World Championships will be held at Stanford University in the summer of 2006, the 2006 Long Course Nationals will not be held. Please check the USMS Calendar of events at www.usms.org for additional details

Exciting Swimming-Related Research

Joel Stager, Ph.D., a member of the Sports Medicine Committee, presented the results from two recent studies. The first, *Swimming Energy Expenditure Measurement Utilizing an Actical® Accelerometer*, was funded by a grant from the USMS Endowment fund. The researchers determined that the accelerometer could be useful tool for monitoring swimming energy expenditure, energy balance, and for characterizing the daily/weekly

Rule Book Memorials

The Publications Committee always accepts memorials for free in the rule book. There are usually a few blank pages left (section divider pages), and would prefer they be used for memorials rather than leave them blank. Send wording and a picture (preferably digital) to Meg Smath, Chair of the Publications Committee at Publications@usms.org and she will take care of it.

USMS Planner

Back by popular demand! The 2005 USMS Planners will soon be available at the USMS National Office. The Planner is an invaluable resource for keeping track of your swimming activities and progress, as well as a calendar for recording workouts and schedules. Valuable coupons from our sponsors, found in the back of this Planner will save you money on your swimming necessities.

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The Planner is free, you just have to send a self addressed stamped (\$.60) envelope (5 x 7) and upon receipt, a Planner will be sent right out to you.

Are you a coach? Are you hosting a meet? Order in quantity and give them out to all your members/participants. Contact the National Office for postage fees.

USMS Brochures

Hot off the Press! USMS Brochures – Could I Be A Masters Swimmer? Are now available at the USMS National Office.

The Brochures are free, you just pay for postage (100 fit in a flat rate, USPS Priority Mail Envelope for \$3.85). Contact the National Office for postage rates on larger quantities.

USMS CUSTOM RINGS

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See more information at www.hastyawards.com

United States
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Swimming



2004 REGISTRATION FACTS

At this time, the national office has received and booked 2004 memberships with registration dates approximately thru Mid-to-End October. As always, some stragglers dribble in for one reason or another, but it looks like we may at least come out on par with last year. Some growth? Who knows.

The registrars have processed 41,368 memberships in 2004, or 97.4% of the 2003 total of 42,490, which incorporated a .08% growth over 2002's 42,170. After deducting for (about 80) between-association, mid-year transfers we have 41,288 net members to date. These are registered with 520 clubs within 53 LMSCs.

BY AGE AND SEX

The balance between male/female swimmers has kept changing ever so slightly each year since 1994 when it was about 59.6% male and 40.4% female. But looking at the distribution by decade of birth (=FINA age), the 'average' doesn't really tell us enough, as is evident from the following chart:

Decade Born	Women	Men	Grand Total
1900-1919	63	91	154
1920-1929	283	479	762
1930-1939	638	1106	1744
1940-1949	1632	3110	4742
1950-1959	4577	6337	10914
1960-1969	5729	6538	12267

Women	Men
40.9%	59.1%
37.1%	62.9%
36.6%	63.4%
34.4%	65.6%
41.9%	58.1%
46.7%	53.3%

Pct of Total
0.4%
1.8%
4.2%
11.5%
26.4%
29.7%

Streamlines... from the National Office

1970-1979	4643	3828	8471	54.8%	45.2%	20.5%
1980-1986	1456	778	2234	65.2%	34.8%	5.4%
Grand Total	19021	22267	41288	46.1%	53.9%	100.0%

LOCATION

Looking at the location (by latest-known mailing address), nothing new there. Of the 41,288 members booked to date, 67.6% reside in the top ten states: California, Texas, New York, Florida, Colorado, Virginia, Illinois, Washington, Massachusetts, and Maryland. Approximately 2/3 as in four prior years; and while some states may trade places, the ten remain the same.

State	Women	Men	Grand Total	Rank
CA	5818	6837	12655	1
NY	980	1329	2309	2
FL	970	1219	2189	3
TX	1040	1027	2067	4
CO	1177	812	1989	5
VA	826	886	1712	6
IL	685	861	1546	7
WA	676	634	1310	8
MA	504	611	1115	9
MD	517	519	1036	10
Top Ten	13193	14735	27928	67.6%
All-USMS	19021	22267	41288	

Detailed breakdowns by each state is available for those who are interested.

SOURCE OF REGISTRATIONS

Comparing the past four years shows a increase in RENEWALS as a source of registration from year to year:

Actual	Type	Y2001	Y2002	Y2003	Y2004	Percent	Type	Y2001	Y2002	Y2003	Y2004
USMS	A	12272	12165	11923	10801	USMS	A	30.2%	28.9%	28.1%	26.2%
USMS	RC	2411	2674	2662	2821	USMS	RC	5.9%	6.4%	6.3%	6.8%
USMS	RL	849	1062	1063	1072	USMS	RL	2.1%	2.5%	2.5%	2.6%
USMS	RN	25042	26136	26759	26595	USMS	RN	61.7%	62.2%	63.1%	64.4%
Total		40574	42037	42407	41289	Total		1	1	1	1

The categories are "RN" for swimmers registered with the same LMSC the year before, "RC" for swimmers who were 'reclaimed' by the same LMSC from prior years, "RL" for swimmers who have 'relocated' from a different LMSC last time they registered, and "A" (add-ons) for swimmers completely new to (full membership) with USMS since 1994, the first year we have electronic records. A detailed breakdown by LMSC is available.

RETURNING TO THE FOLD

An interesting new report has been set up this year after we noticed that we seemed to be reclaiming more swimmers who had been 'away' 8-10 or so years (our electronic records only go back to 1994). There does indeed seem to be an increasing return of these members across the board in 2003 and 2004, most noticeably in California, Florida, and Colorado. What is intriguing also is the similarity of these percentages from year to year, at least the past three which we have 'mapped' so far. One caveat: we do not know if 2002 used as the basis for the comparison was an 'average' year. We'll try and run these numbers back five years sometime.

Year	new	1	2	3	4	5	6	7	8	9	10	Total
Y2002	12092	26717	1504	627	390	250	177	147	121	3	10	42038
Y2003	11843	27270	1435	641	363	278	199	131	126	102	19	42407
Y2004	10727	27142	1545	622	368	271	198	131	117	81	89	41291

Year	new	1	2	3	4	5	6	7	8	9	10
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Streamlines... from the National Office

Y2002	28.8%	63.6%	3.6%	1.5%	0.9%	0.6%	0.4%	0.3%	0.3%	0.0%	0.0%
Y2003	27.9%	64.3%	3.4%	1.5%	0.9%	0.7%	0.5%	0.3%	0.3%	0.2%	0.0%
Y2004	26.0%	65.7%	3.7%	1.5%	0.9%	0.7%	0.5%	0.3%	0.3%	0.2%	0.2%

Returned

	8-10 th +	2nd-10 th +
	Year	Year
Y2002	134	3229
Y2003	247	3294
Y2004	287	3422

	8-10 th +	2nd-10 th +
	Year	Year
Y2002	0.3%	7.7%
Y2003	0.6%	7.8%
Y2004	0.7%	8.3%

In fact, Southern Pacific contributed well above the average to the above numbers, which along with adding 200 *more* new members than last year, helped bring them over the 3,000-member mark for the first time. **Congratulations**, Julie and all!!

Y2004	30	315
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Y2004	1.0%	10.4%
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Approximately 144,400 individuals have passed through the program since 1994, the earliest year we have electronic files, including some from earlier years who are listed on the web page with All-American or Top Ten achievements. Of these about 63,500 or 45% have been assigned permanent ID's – the 'tag' which will follow a swimmer through all memberships, name changes, and locations and is used to manage competitive activities over the past 30-some years.

ONE EVENT REGISTRATIONS

Our One-Event 'business' is doing well. The chart below is an attempt to gauge if the added numbers represent a 'cannabalizing' of our main product line, full registrations. The percentages seem surprisingly consistent from year to year. Details by LMSC are available upon request.

ACTUAL		2002	2003	2004
USMS	New OE	430	508	729
	OE Last Yr	92	132	143
	Full Last Yr	58	55	75
	Full Other Yr	65	80	115
USMS Total		645	775	1062

PERCENT		2002	2003	2004
USMS	New OE	66.7%	65.5%	68.6%
	OE Last Yr	14.3%	17.0%	13.5%
	Full Last Yr	9.0%	7.1%	7.1%
	Full Other Yr	10.1%	10.3%	10.8%
USMS Total		100%	100%	100%

GROWTH	2001	2002	2003	2004
USMS Total	644	645	775	1062
% of Prev Year	100.0%	100.2%	120.2%	137.0%
Growth since 2001			64.9%	

Again, details of all the above reports by LMSC are available from the national office, as well as new reports drilling down to where your members live by city within 3-digit zip codes and comparing the latest three years (2002-2004). Several LMSCs have taken advantage of this information to help them understand where they are losing members and where they are successful. The zip code often gives a clue to the reason. Just let us know what you need to know.

Many LMSCs credit their success with member retention to invoicing for renewals. The first to benefit are the registrars who can then actually read the form ☺. The national office has assisted with generating mailing lists where the local association did not have the expertise to do this -- whether doing it locally with mail-merge or sending the list to a printer.

Streamlines... *from the National Office*

USMS National Office, P.O. Box 185, Londonderry, NH 03053-0185, Ph: 800-550-SWIM

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This has not been offered as a formal for-a-fee program as in years past, but the way our systems are set up it is really not a big deal to pull a current list for anybody who needs it and thereby off-load the registrars. Some LMSCs have been utilizing this for their local newsletters. Just let us know how we can help you.

Welcome to our many new registrars and our appreciation and a sincere thank-you to all the departing ones. And thank Heaven for all the hardy, persistent registrars who are still with us despite a pretty trying registration year. Next year should be wonderful, as we benefit from all the experience from this one. Thanks also to those 'other' unsung heroes, the LMSC treasurers, and to the Committee Chairs, and everybody else we work for and support – not the least our master of the black art of registration software development, Leo Letendre.

Esther Lyman
USMS Database Administration
25-October-2004