



Winter 2009

Greetings from the National Office...

The U.S. Masters Swimming staff has been working on providing more benefits for our members. I hope you all have been enjoying the "Features" that Ashley has been sending out to the LMSCs and posting on the USMS.org website. We are always looking for stories and personalities to feature on www.usms.org. If you or someone you know would like to see their story featured on the U.S. Masters Swimming homepage contact Ashley at agangloff@usms.org.



In early January, the first issue of "Behind the Blocks" was sent via e-mail to each of our members. This newsletter will be sent out at the beginning of each month with the goal of providing our members with more fitness, training, nutrition, and racing information.

"News From the Deck" is a monthly newsletter that is sent out monthly to our coaches. The goal is to assist coaches in building, growing, and improving their Masters program. This newsletter features U.S. Masters Swimming news and business (content provided by Masters coaches) and other useful information provided by various partners and supporters of U.S. Masters Swimming.

U.S. Masters Swimming has built you a place of your own on the www.usms.org website called "My USMS". When you set up your MY USMS account you will be able to create your own blog, access members-only workouts on our discussion forums and share photo albums with your swimming friends. Click on this link to set up your MY USMS account today! www.usms.org/myusms/ MY USMS accounts are free for all U.S. Masters Swimming members.

More members-only services are coming soon, including access to a complete online version of each *USMS Swimmer* Magazine, the ability to maintain your personal fitness log online and even more opportunities to share with other Masters swimmers from across the country.

These are very exciting times at USMS and I'm thrilled to be a member of this great organization!

*Swimmingly Yours,
Tracy*

Calendar/Things to do

Listed are all deadlines from the USMS Working Calendar. Please read this and use as a reminder. This 2008 Working Calendar is posted in its entirety on the USMS website at: <http://www.usms.org/admin/lmschb/workingcalendar.pdf>

FEBRUARY 2009

- 1 Fourth quarter financial reports prepared by USMS Controller (Margaret Bayless—Controller at usms.org)
- 6–8 Executive Committee/Board of Directors midyear meeting, Dallas, Texas
- 13 Editorial copy/information due to USMS Editor for May/June issue of *USMS Swimmer* (Bill Volckening—Editor at usms.org)
- On Deck department calendar entries due to USMS Calendar of Events Editor for May/June issue of *USMS Swimmer* (Lynn Hazlewood—lynhzlwd@usms.org)
- 15 Preliminary SCM Top 10 mailed to LMSC Top 10 Chairs and Records and Tabulation Committee members for proofreading
- 20 Approximate mailing date for March/April issue of *USMS Swimmer*
- 22 Open Water/Long Distance and Pool All-American listing due from Records and Tabulations Chair (Ed Tsuzuki—recordsandtabulation@usms.org) and Open Water/Long Distance Chair (Marcia Cleveland—LongDistance@usms.org) to USMS Editor (Bill Volckening—Editor at usms.org) for May/June issue of *USMS Swimmer*
- 23 Article ideas for July/August issue of *USMS Swimmer* due to USMS Editor (Bill Volckening—Editor at usms.org)
- 25 Responses due from SCM Top 10 proofreading to National Swims Administrator (Mary Beth Windrath—TopTen at usms.org)
- 28 Open Water/Long Distance individual and relay All-Americans posted on the Open Water/Long Distance webpage
- 29 Deadline for all Convention committee chairs to send their meeting AV requests and extra meeting time requests to Convention Coordinator (Victor Buehler—Convention at usms.org) for the 2009 convention in Chicago
- USMS EC Meg Smath sends Convention Coordinator (Victor Buehler—Convention at usms.org) 2009 Chicago convention meeting schedule, first draft
- National registration transmittal sent to National Office electronically from online registration site

Other deadlines this month

- Pre-meet site visit by Championship Committee liaison to SC Nationals host (Clovis, CA.)

MARCH 2009

- 1 SCM Top 10 list sent to the USMS formatter for printing
- 15 Call for USMS Service Award nominations and USMS Club of the Year sent to LMSCs from USMS Recognition and Award Chair (Sally Dillon—Awards at usms dot org)
- 20 Deadline for Newsletter Inserts to DMC for the May/June issue of Swimmer Magazine
- 26 Postmark entry deadline for 2009 SC Nationals
- 31 Convention Coordinator (Victor Buehler—Convention at usms dot org) sends first draft schedule of committee meetings size, setups, and AV requests for 2009 requirements to USAS
- National registration transmittal sent to National Office electronically from online registration site
- All registrations received as of today's date will be included in the mailing of the May/June issue of Swimmer Magazine

Other deadlines this month

- Final call for 2009 Mentor Coach and Swimmer Clinic applications
- Notify sponsors of SC Nationals due dates for booths, banners and ads

APRIL 2009

- 2 Received entry date deadline for SC Nationals
- 5 Ransom Arthur ballots due from Recognition and Awards Committee members and previous award winners to Chair (Sally Dillon—Awards at usms dot org) for tabulation
- 9 On-Deck Coaching Coordinator (Chris Colburn – coaches at usms dot org) solicits coaches to help at Short Course Nationals

USMS Elections

2009 is an election year for the USMS officers. Positions to be elected are: President, VP National Operations, VP Local Operations, VP Member Services, VP Community Services, Secretary, and Treasurer. Candidates shall be members in good standing of USMS for the year when the election is held; have attended more than one USMS Convention in the preceding five (5) years, and shall plan to attend the USMS Convention for the election year in which they are standing for election, and all conventions during their tenure. Additional information and nomination packets are available at www.usms.org/admin/elections/. The nomination period is March 1, 2009 to April 30, 2009.

- 12 Editorial copy/information due to USMS Editor for July/August issue of *USMS Swimmer* (Bill Volckening—Editor at usms dot org)
- On Deck department calendar entries due to USMS Calendar of Events Editor for July/August issue of *USMS Swimmer* (Lynn Hazlewood—lynhzlwd at usms dot org)
- 15 USMS Secretary (Meg Smath—Secretary at usms dot org) notifies LMSCs of delegate entitlements for 2009 convention
- First call for requests for Delegate-at-Large appointments—due in writing to President (Rob Copeland—President at usms dot org) and Secretary (Meg Smath—Secretary at usms dot org)
- 18 Approximate mailing date for May/June issue of *USMS Swimmer*
- 25 Deadline for submission of information to be included in the spring issue of Streamlines ... from the National Office
- 30 Coaches Chair (Chris Colburn – coaches at usms dot org) checks progress with LMSC Coaches Chairs
- LMSC minutes of 2008 annual meetings and copy of 2008 financial statements due to National Office from all LMSCs
- Spring issue of Streamlines ... from the National Office sent via email or snail mail
- Article ideas for September/October issue of *USMS Swimmer* due to USMS Editor (Bill Volckening—Editor at usms dot org)
- Deadline for nominations for USMS Officer positions
- National registration transmittal sent to National Office electronically from online registration site

Other deadlines this month

- All-American roster prepared and congratulations sent from President
- Coaches Chair (Chris Colburn—Coaches at usms dot org) checks progress with LMSC Coaches Reps
- Nadine Day or her IL LMSC convention host volunteer organizer/designee attend the pre-convention meetings at the Chicago Airport Hyatt and select a hospitality room.

MAY 2009

- 1 Delegates from 2008 and LMSC chairs receive convention registration packet for 2009 convention via email from the National Office
- Cost-center heads receive budget forms (for 2010 budget) from Executive Director (Rob Butcher—ExecutiveDirector at usms dot org)
- 1–15 Election Committee reviews applications, slates officer candidates, notifies candidates and publishes candidate information
- 7–10 USMS SC National Championships, Clovis, CA
- Ransom Arthur award winner announced at SC Nationals
- 15 Controller's filing deadline with IRS for Form 990

- Convention Coordinator (Victor Buehler—Convention at usms dot org) sends out final notice to committee chairs regarding equipment requirements for convention
- First quarter financial reports prepared
- USMS Secretary (Meg Smath—Secretary at usms dot org) sends reminders to LMSCs for names of delegates to 2009 convention, Chicago, IL.
- Deadline for swimmers to be registered in order to receive July/August issue of *USMS Swimmer*
- 15-31 Election Committee accepts nominations for any positions without candidates
- 20 National Office sends reminder to LMSCs of July 10th deadline for submission of proposed code amendments
- Deadline for Newsletter Inserts to DMC for the Jul/Aug issue of Swimmer Magazine
- 31 Continuous publication of candidate information to the HOD through email newsletters and website positions through September
- National registration transmittal sent to National Office electronically from online registration site
- All registrations received as of today's date will be included in the mailing of the Jul/Aug issue of SWIMMER
- End of SCY Season

Other deadlines this month

- Pre-meet site visit by Championship Committee liaison to LC Nationals host (Indianapolis)

Health Network - Professionals wanted!

The Sports Medicine and Science Committee serves to educate USMS members and the public on topics of sports medicine and science. The committee maintains a Health Network of professionals willing to serve as resources to Masters swimmers. Members of the Health Network respond to questions sent to the Healthy Swimmer section of *USMS Swimmer* magazine.

We would like to continue to expand the network. If you or someone you know is a medical or science professional and would like to join the network please contact Sports Medicine and Science Committee Chair Jane Moore at SportsMedicine at usms dot org for further information.

Contact Corrections & Updates...

Following are updates received by the National Office since the mailing of the last issue of Streamlines...

- Doug Adamavich (Arizona) – new e-mail address – doug dot adamavich at gmail dot com
- Marianne Bradley (Florida) – H Phone – 727-784-0420, C Phone 727-433-0894
- Mo Chambers (Oregon) – New H Phone – 360-314-2288, moswimm at yahoo dot com
- Ed Coates (South Texas) – correct address 7004 Fireoak Dr
- Ross Davis (Gulf) - 3618 El James Dr, Spring, TX 77388, Cell Phone – 512-694-4960, Work Phone – 281-403-2436, Home Phone – 281-288-6759, rdswims at gmail dot com
- Laura Koch Davis (Gulf) – 3618 El James Dr, Spring, TX 77388, Cell/Work Phone – 512-426-9720, Home Phone – 281-288-6759, lkdswwims at gmail dot com
- John Grzeszczak (Florida Gold Coast) – correct Phone – 954-588-6371
- Raena Latina (Indiana) – New address – 8618 Woodstone Way W Dr, Indianapolis, IN 46256
- Arni Litt (Pacific Northwest) – correct Cell phone – 206-849-1387, Fax 206-325-6387
- Jim Miller, MD (Virginia) – new work address - 3742 Winterfield Rd, Midlothian, VA 23113
- Mark Olipant (Maryland Registrar) – new mailing address – PO Box 2065, Easton, MD 21601
- Ahelee Sue Osborn (Southern Pacific) – correct address is 14252 Culver Dr #A-558, Irvine, CA 92604
- Meg Smath (Kentucky) – member of the Endowment Fund Board of Governors

NEW LMSC OFFICERS...

A full list of LMSC Officers can be found at www.usms.org/lmsc/lmscofficers.php.

Adirondack—Chair, Dan Wall, swim12hours at yahoo dot com
Allegheny Mountain—Chair and Webmaster, Katherine Farnan, kathfarnan at msn dot com

Arizona—Sanctions, June Hussey, junehussey at msn dot com
Connecticut—Registrar, Nicole Pendleton, Nicole at pendletons dot net

Florida—Chair, Meegan Wilson, meeganwilson at bellsouth dot net; Treasurer, Jim Stine, stinecpa at tampabay dot rr dot com

Gulf—Chair, Stacy Van Horn, svanhorn2003 at yahoo dot com

Metropolitan—Editor – Sharon Snyder – ssnyder at mdsass dot come; Treasurer, Roberta Saint-Amour, rsaintamour at gmail dot com

New Jersey—Treasurer, Bill Reichle, reichsswim at aol dot com

Nebraska—Webmaster, jbjulie at hotmail dot com

Southern—Treasurer, Rob Cambias, robcambias at allstate dot com

News Briefs and Announcements

USMS AWARDS

Call for Nominations

Details for all awards, including nomination information and forms, is located on the USMS web site at <http://www.usms.org/admin/awards/>

USMS Coach of the Year Award

Nominations due by June 15

Submit to Kris Houchens krishouchens@hotmail.com

Dorothy Donnelly USMS Service Award

Nominations due by July 1

Submit to awards@usms.org

Kerry O'Brien Coaches Award

Nominations due by June 15

Submit to coaches@usms.org

USMS Club of the Year Award

Nominations due by July 1

Submit to awards@usms.org

June Krauser Communications Award

Nominations due by July 1

Submit to communications@usms.org

USMS Fitness Award

Nominations due by July 1

Submit to fitness@usms.org

USMS National Championship Meets Award

Nominations due by July 1

Submit to george.dot.simon@mindspring.com

Ransom J. Arthur Award

Nominations due by March 15

Submit to awards@usms.org

LMSC Annual Meeting Minutes and Financial Statements

Article 502.7—Records and Record Keeping

Each LMSC shall comply with the financial record keeping and reporting requirements of USMS. The LMSC shall forward to the USMS National Office the minutes of the annual meeting and annual financial reports within 4 months of the end of the LMSCs fiscal year or by April 30, 2009. Please be sure these are sent timely.

2009 Rule Books

The Full and Mini rule books are both posted on the USMS website at <http://www.usms.org/rules/> and the following files can be downloaded

Zip file containing one large PDF file of the full rule book

Zip file containing one large PDF file of the "mini" rule book

USMS Video Library

The USMS video library has various titles to choose from and is available for all registered U.S. Masters Swimming Members. To rent a video from the USMS Video Library go to the link on the www.usms.org website at <http://www.usms.org/coach/videos.php>

To rent a video from the U.S. Masters Swimming Video Library, please follow these steps:

- Choose up to four (4) titles from the Library Titles List
- Email Ashley Gangloff to request your chosen titles
- In the email include the following information:
- Mail a check equal to \$10 x the number of titles you wish to rent to:
 - U.S. Masters Swimming
P.O. Box 185
Londonderry, NH 03053-0185
- Once your check has been received, U.S. Masters Swimming will ship you the titles you requested. It is your responsibility including paying for return postage to return all titles within three (3) weeks of its original post date. Please return rentals to:
 - U.S. Masters Swimming
500 East Morehead Street, Suite 220
Charlotte, NC 28202

USMS PLANNERS

The 2009 USMS Planners are now 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.

The Planner is free, you just have to send a self addressed stamped (\$.59) envelope 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.

2009 Short Course Nationals

The 2009 USMS Short Course National Championships will be held May 7-10 at the Clovis North High School Aquatics Complex. Meet information is included in the Jan/Feb issue of Swimmer and is also posted on the USMS.org website at www.usms.org/comp/scnats09/

On line registration is now available and swimmers are encouraged to enter online to help reduce entry errors. Online entries will be accepted until midnight PST on April 2. Mailed entries must be postmarked by March 26 or received by April 2.

Rules Corner

by Kathy Casey, USMS Rules Chair

Questions & Clarifications

Measurement of a Bulkhead Pool:

Question: When I measure a pool with a bulkhead, I only have to measure the two outside lanes and a center lane, correct?

Answer: Not if that course is being measured for the first time. If you are measuring a course with a bulkhead for the first time (meaning no pool length certification is on file with either USMS or USA Swimming for all lanes for that course), you must measure all lanes (105.1.7A & C, pages 37- 38). If there is a pool length certification already on file with USMS or USA-S and there have been no structural changes to that course, then the measurement of the two outside lanes and one center lane must be confirmed (105.1.7C, page 38). The actual length of those lanes must be confirmed rather than just the placement of the bulkhead. I use the term “course” rather than “pool” because a pool could have three types of courses. A number of 50-meter pools can be set up as two 25-yard courses, two 25-meter courses, or one 50-meter course. It’s not uncommon for one or more of the courses within one pool to not be certified for length. Be sure to check that a pool length certification is on file for the course you are planning to use, and, if not, measure all lanes. It is recommended that you measure the course prior to the start of a meet (to avoid the disaster of unofficial times due to a short pool) but required to confirm that measurement at the end of each session (105.1.7C, page 38).



Scoring at Nationals:

Question: I heard that scoring will be different at nationals this year. How will it be done?

Answer: Scoring will be done in two categories; Regional Clubs and Local Clubs. A Regional Club is made up of swimmers who compete for that club at nationals but at meets in the LMSC they compete for a different entity or subgroup such as a workout group. Local clubs are made up of swimmers who compete for that club at both nationals and meets in the LMSC (and therefore do not qualify as Regional Clubs). The USMS Championship Committee will publish a list of Regional Clubs by February 15. If a club objects to its designation, it can file an appeal with the chair of the Championship Committee at least 45 days prior to nationals. (104.5.6B, page 34)

Request for a Time Trial:

Question: If I miss the first day of a two-day meet, can I ask during the meet for a time trial at the end of the meet to swim an event that I missed the day before?

Answer: No. The order of events as stated in the meet announcement cannot be changed. The announced arrangement of heats in any event cannot be added to or altered, except by the authority of the referee only to the extent of consolidating heats. (102.13.1, page 12)

For any questions about rules contact Kathy Casey, USMS Rules Chair, rules at usms dot org.

