

Chlorine Chronicles

29 April 2008 Issue • www.metroswim.org

Online newsletter of the Metropolitan Local Masters Swimming Committee

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Congratulations to our Metro LMSC swimmers who achieved Pool All-American status in 2007!

Ngozi Monu	W26	NYC Hydras
Kristin Gary	W39	Red Tide of NYC
Kristin Gary	W40	Red Tide of NYC
Nancy James	W65	Metro-AquaFit
Barbara Love	W70	Metro Masters
Lida Gaschke	W75	Metro Masters
Elliot Ptasnik	M23	NYC Hydras
Anthony Ervin	M25	NYC Hydras
Jay Charles	M85	Metro Masters

For the complete USMS Pool All-American list go to www.usms.org/comp/aa/aalist.php?Year=2007.

Kudos to the following January 2008 One Hour Postal Swim Championship participating teams:

Team NY Aquatics	45 swimmers	152,305 yards
Metro Masters	28 swimmers	104,510 yards
Red Tide of NYC	25 swimmers	89,640 yards
Westchester Masters	8 swimmers	33,220 yards
Columbia Masters	7 swimmers	26,425 yards
Dutchess Masters	7 swimmers	24,045 yards
Asphalt Green	5 swimmers	15,910 yards
NYC Hydras	1 swimmer	3,750 yards

Full team results available online at www.usms.org.

“Go The Distance” March Results

With **531** swimmers nationwide participating in this monthly “mileage” contest, the following 11 swimmers from our LMSC had logged an impressive 853.26 total miles by the end of March!

Badger Masters		
Steve Newman	M45-49	195.04 miles
Metro Masters		
James Anderson	M45-49	108.53 miles
Maria Anderson	W45-49	49.19 miles
Kitty Kessler	W65-69	36.25 miles
Kathleen Romano	W60-64	93.94 miles
Jenny Seagraves	W40-44	48.00 miles
Dahlia Thompson	W25-29	62.32 miles
Bob Unger	M50-54	88.86 miles
Morton Wolf	M60-64	59.35 miles
Red Tide of NYC		
Suzanne Schwartz	W45-49	6.34 miles
Team NY Aquatics		
Janet Harris	W40-44	105.44 miles

For contest explanation and complete results, go to www.usms.org/fitness/content/gothedistance08.

The USOC announced the television broadcast schedule for the **2008 U. S. Olympic Team Trials–Swimming** which is posted below and also available online through www.usaswimming.org. **GO USA!**

Sunday 29 June	8:00-9:00pm ET	NBC
Monday 30 June	8:00-9:00pm ET	NBC
Tuesday 1 July	8:00-9:00pm ET	NBC
Wednesday 2 July	8:00-9:00pm ET	NBC
Thursday 3 July	8:00-9:00pm ET	NBC
Friday 4 July	8:00-9:00pm ET	NBC
Saturday 5 July	8:00-9:00pm ET	NBC
Sunday 6 July	8:00-9:00pm ET	NBC

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The USMS National Short Course Champs are about to begin at the University of Texas at Austin. Many of our Metro LMSC swimmers are gearing up to catch their flight and prepare for their big meet of the season. We wish them all the best for great races, fast times, fun in and out of the pool, and a host of stories to share with us upon their return. Championship meet highlights with pictures will grace our next issue of Chlorine Chronicles. Below is a list of all known participants from our LMSC below. In the meantime, check out pre-meet information and then follow the action live while cheering for your favorite swimmers online at www.usms.org.

Asphalt Green Masters (AGUA)

1	Acton, John H	M 35
2	Bernstein, Richard F	M 62
3	Cantrell, Patrick M	M 47
4	Chalandon, Gilles A	M 51
5	Coley, Allison L	W 31
6	Columbus, Mikki	W 24
7	Cort, Hayley E	W 46
8	Fox, James A	M 36
9	Katz, Jane	W 65
10	Merritt, Erin M	W 24
11	Moffett, Erica L	W 38
12	Palacio, Daniela C	W 27
13	Poropat, Michael A	M 31
14	Richardson, Elyse E	W 23
15	Romano, Kola	M 40
16	Shechter, Stanley J	M 75
17	Snyder, Sharon M	W 49
18	Weiss, Andrew M	M 86
19	Willeboordse, Fall	W 42
20	Woodward, Matt B	M 25

Badger Masters (BDGR)

1	Tremain, Kenneth D	M 44
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Huntington Masters (HUMS)

1	Longo, Ken	M 55
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Metro Masters Swim Club (METR)

1	Alexander, Allen	M 43
2	Benson, Richard A	M 55
3	Bolze, Joseph R	M 68
4	Cataldo, Keith	M 45
5	Fahey, Lisa	W 38

Metro Masters Swim Club continued

6	Kolonkowski, Bob	M 60
7	Krawchuk, Melania D	W 32
8	Kyff, Jennifer J	W 34
9	Monahan, Richard S	M 66
10	Reeves, Jason R	M 26
11	Schoenlank, Julie A	W 28
12	Smith, Erica L	W 31
13	Velazquez, Andrea	W 37

NYC Hydras (NYCH)

1	Altman, Jeffrey N	M 57
2	Conley, Stuart	M 45
3	Eadon, Bryant T	M 26
4	Galindo, Luciano	M 30
5	Kubista, Alicia A	W 31
6	Moessner, Jacqueline M	W 27
7	Monu, Ngozi R	W 27
8	Nisman, Shi	M 26
9	Ort, Victoria H	W 52
10	Pierce, Valerie D	W 44
11	Reyes, Aroni D	M 38
12	Salati, Douglas S	M 23
13	Springer, Phyllis D	W 58
14	Walker, Gretchen E	W 28

Red Tide (REDT)

1	Armentrout, Anna S	W 36
2	Gary, Kristin J	W 40
3	Groff-Palermo, Sarah E	W 28
4	Kelsey, Jane M	W 32
5	Lee, Jackie	W 27
6	Mitchell, Kara M	W 27
7	Moughty, Kaitlin M	W 23
8	Shpaizer, Tal	W 25
9	Tay, Lian M	W 26

Team New York Aquatics (TNYA)

1	Palumbo, Gregory T	M 27
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Unattached (UNAT)

Gould, Harold S	M 28
Ninivaggi, Melissa C	W 24

Westchester Masters (WM)

1	Gaschke, Lida A	W 76
2	Levy, Daniel J	M 42



[The following article was written by Barbara Hummel and posted 03/09/07 online at www.GoSwim.TV/.]

Big Race Prep – Proper Meet Warmup

Crowded warmups are a fact of life at nearly every major competition, from USS to USMS to high school, NCAA, and YMCA. The confusion, crowding, and fast pace can throw you off if you aren't ready for it. Here are some tips for staying cool and getting the warmup you need. You've worked hard all season to prepare for the Big Meet. You arrive at the pool rested and ready to go. But when you get on deck for warmup, every lane is a frothy sea of bumper-to-bumper swimmers, all of whom look bigger and faster than you. Everyone seems to know what they're doing -- except you. And everyone seems to have on a cooler bathing suit than you. How do keep your cool and get the warmup you need when there are 22 other people in your lane? Here are a few suggestions.

Find out in advance what the pool is like. If you've been to this pool before, think back to what it's like and get a picture in your head of the blocks, walls, and other features. If you've never been to the pool, try going online to google the venue. Most schools and universities and major pools have websites with photos of their facilities -- usually under ATHLETICS or SPORTS. Ask friends/coaches what they know about the facility.

Find out the rules for warmup. Read the meet rules well in advance of race day. Know what time warmup starts and finishes, and find out if you have been assigned a specific time slot during warmup (very common at championship meets with lots of teams). Be aware that you won't be allowed to wear or use any equipment for warmup, and that you have to get into the pool feet first. Also find out if there is a separate pool or lane(s) for continuous warmup and cool-down. If there is a separate pool, consider starting your warmup in this pool (less crowded) and then finishing your warmup in the main competition pool to get a feel for the walls and markings, and to practice a few starts from the competition blocks.

Arrive on deck with a plan, and then execute the plan as best you can. The best way to stay calm is to know what you will do BEFORE you get in the water. A good place to start is with your normal warmup for practice. If you normally do 300 yards of freestyle or backstroke to warm up, then start with that at the meet. If you do drills, try to do those, too (although this may be difficult if your drills involve just kicking or pulling -- you may have to modify). If you do a few 50s, then try to do those, too, but be aware: Warmup etiquette is to KEEP MOVING. So if you stop at each 50, make sure you stay out of the way of other swimmers.

Use warmup to learn the pool. Don't just dive in and swim during warmup. Sure, you have to get your body warmed up, but this is your big opportunity to study the pool. Pay attention to the hash marks and crosses on the bottom of the pool and how they relate to the walls. For example, is there a hashmark on the bottom at mid pool? This can be useful in gauging when to turn it on at the end of a race. How do the turns look as you approach the walls? How do the touchpads affect your grip for turning? Are there other flags in place besides the 5-yard (or 5-meter) backstroke flags? If you're swimming SCM or LCM, be aware that the backstroke flags may be at 5 meters rather than 5 yards. Learn your stroke count in THIS POOL from the flags into the wall.

Make stretching a part of the warmup. If your team has a time slot and limited warmup time, you can augment that with stretches before or after the water time. Develop a simple stretch routine well in advance of the meet, so that everyone will know exactly what to do on race day. The idea is to have no surprises and limited confusion on race day. Plan ahead!

Take two suits. If there's a big gap between warmup and your first event, wear a different suit for warmup and then change into your racing suit. That way you'll stay drier and warmer.

Don't get rattled. Just remember that on race day EVERYBODY is facing the same crowded warmup conditions. If you come to the pool with a PLAN, you'll be that much ahead of your competition.



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[The following article is a "Speedo Tip of the Week" excerpt from the March-April 2004 issue of Splash magazine in which special correspondent Cami Grebel-Bremer writes about what to do at a meet when the unexpected happens. Be flexible, plan ahead, and make the best of a potentially catastrophic situation.]

The Big Meet – Physical Prep & Mental Game

The Tip

You've spent all season preparing yourself physically and mentally for the big meet. You're ready for your first event, and then it happens when you least expect it – your goggles break, your cap rips, the lights go out. The ability to deal with minor obstacles is an important characteristic of a great competitor.

"Everyone who's a great swimmer is good at putting things like that behind them very quickly," said David Denniston, a member of the 2003 World Championships team. "You've got to look ahead to the future and do what you've got to do for the future."

When the lights went out at the 2003 U.S. Open just before the start of finals of the women's 200m IM, the best athletes were the ones who just shrugged it off.

"It's not just happening to you, it's happening to everyone else, too," said Olympic veteran Tom Malchow. "People who stay the most relaxed and roll with the punches are the people who will swim the best when things get back to normal."

There are several ways to make sure that little obstacles do not prevent you from swimming your best.

- Be prepared. Make sure you have an extra cap and an extra pair of goggles with you. Don't just keep them in your bag – take them up to the blocks with you. "I think it's something everyone has to prepare for," National Team member Maritza Correia said. "Things happen, so you just have to prepare yourself mentally and take a step back and relax."

- Expect the unexpected. Don't let crowded warmup lanes or faulty timing equipment ruin your whole meet. Follow World Champs gold medalist Rachel Komisarz' advice. "Things that are out of your control, you really can't do anything about it," she said. "Things are going to happen, and as long as you don't stress about it, you'll be OK. Sit back and relax."

- Remain focused on the physical preparation that got you where you are. Your body still knows how to swim that 200 fly, so don't let your mind get in the way. "You train so hard," Olympian Diana Munz said. "It's only going to get to you mentally, and if you let it get to you, you have a problem. If something little happens to you, you just have to deal with it."

- Perhaps American record holder and Olympic bronze medalist Chris Thompson sums up the best way to overcome setbacks. "You've got a race to do," he said.

Whether you are a seasoned elite-level competitor or a novice Masters swimmer, you can be faced with a myriad of minor obstacles. If you prepare yourself mentally, the obstacles will become victories instead of setbacks. And remember - you've got a race to do!



Editor's Notes

This is our second newsletter issue in as many weeks, and we want to keep the ball rolling.

Want to see a specific topic covered? Have a human interest story to share? Attended a recent event with highlights to report? Do you have a stroke technique or training question you'd like answered? Take an active part in making this newsletter bigger and better by submitting articles and pictures, touting the accomplishments of your teammates, and sharing whatever you think would be of interest!

On a separate note, please be advised that a USPS rate increase goes into effect Monday 12 May. Visit your local post office to pick up a copy of the new postal rates, or visit www.usps.com/prices/welcome.htm online for information. Don't be caught off guard with the wrong postage when mailing an important time-sensitive document or an upcoming event entry form.

We plan to continue publishing this newsletter about twice a month containing information that is pertinent to our members' interests and specific to the season. As indicated earlier in this issue, we'll bring you the inside scoop from Austin, Texas with highlights and pictures from the USMS National Short Course Championships, followed shortly by another issue leading us into the start of open water swim season.

Share the love, spread the word, and take the plunge!

Lisa K. Baumann
aquafitinc@aol.com



Just For Giggles – You Know You're A Swimmer If

.... you know of at least a half dozen different ways to fiddle with and adjust your goggles before jumping into the pool at the beginning of workout.

.... you get up 30 minutes early in a heavy snowstorm to shovel snow and warm up & de-ice your car so you can make the drive to morning workout. And then, when you get back home, you call the boss to say you won't make it in to the office because of the dangerous road conditions.

.... checking out the location of places to swim is an important part of planning a trip.

.... you laugh when reading a hotel brochure listing their kidney-shaped pool as "Olympic-size."

.... you complain when the pool water temperature is warmer than 80°F in the middle of winter.

.... your car has vanity plates with LUV2SWIM, SWIM4KIX, FLIPTURN, H2ORAT, or some other aquatic-related bumper sticker or license plate frame.

.... you carry a 5/8" wrench in your workout bag because it's quicker and easier to tighten the lanelines yourself than wait for the lifeguards to find their wrench and do it.

.... you still have circular rings around both eyes from wearing goggles at morning workout for the first few hours of the day and when all of the perfume, scented lotion or powder you put on after workout still doesn't hide the chlorine smell.

.... your family finds no towels left in the linen closet because they're all in the trunk of your car.

.... your car smells like the pool because you hang your towel over the passenger seat and your swim suit on the gear shift to dry out while your mesh equipment bag is airing out in the back seat.

.... you plan family vacations AROUND swim meets or better yet you expect your family to come along with you to a swim meet AS THEIR VACATION.

.... you look forward to turning 45 or 50 or 55 or you speak of benchmark birthdays in terms of "aging up."

.... you jump into the shower in the morning on your "off" day from swim training and, as soon as the hot water hits your skin, you can smell chlorine emanating from your pores.

.... you stop to compete at USMS Nationals in California en route to your honeymoon in Hawaii.

.... you have at least one pair of goggles dangling from your rear-view mirror.

.... you have two full dresser drawers entirely devoted to several decades worth of event t-shirts.

.... you don't think of a drag suit as a man in fishnet stockings and stiletto heels.

