
The Swimmer's Ear

May 1998

NEWSLETTER OF THE POTOMAC VALLEY MASTERS SWIMMING COMMITTEE

Jayne Bruner Honored by ISHOF

From the Chairman

The Who, What, When, Where, Why, and How of USMS Members.

Last year some of you may have received a USMS survey that was sent to a random 3,400 member. The 1,243 surveys returned resulted in the following information about the USMS membership.

Who? - The mean number of years of involvement in swimming for members is 22.3; with mean 6.8 years as members USMS. A mean age of 45 overall for the 54% male and 46% female respondents was found (62% of whom are married).

What? - Workouts: A mean yardage of 2,720 yards per workout. Competitions: If competing, it is mostly in local USMS events. Food: Consumption of fruit and energy bars are the most popular foods for enhancement of performance

When? - Most members swim an average of 3-4 days a week throughout theyear.

Where? - Swimming: The greatest number of members swim either at a park, recreation center or community pool; or at a college or university. Purchasing: Most respondents purchase their swim gear at sporting goods stores, through mail order, and swim specialty stores.

Why? - The most often stated reasons for swimming are conditioning and overall fitness, and that it is an enjoyable activity. Joining USMS was usually prompted by a desire for organized competition, fun activities, and organized group workouts.

How? - How did people find out about masters? Most member found out through friends. So spread the word!

*Debbie Morrin
Chairman, USMS*

Jayne Bruner from Reston, Virginia, will be inducted into the International Swimming Hall of Fame (ISHOF) in Fort Lauderdale, Florida. Bruner, age 62, who swims with D.C. Masters, has been involved in, and competing with, USMS for over twenty years. After swimming for a few years as a teenager, she returned to swimming in 1973 for fitness, not competition, and became hooked on USMS after attending a 1974 national meet. Currently Jayne Bruner holds 33 USMS and 8 World age group records. Over the last four years, she has accumulated over 60 top times of the year in her age group.

Each year approximately fifteen people are inducted into ISHOF in the categories of swimming, masters swimming, diving, water polo, synchronized swimming, coaching, and pioneer. Honorees are selected from nominees by a committee comprised of representatives from each discipline and many countries. Each year, since 1995, two masters swimmers (one female and one male) have been inducted.

1997 Short Course Meters USMS Top Times

The following Potomac Valley swimmers turned in the fastest time in USMS competition during the 1997 short course meter season.

Jeri Ramsbottom (ANCM) - W 25-29: 50 backstroke
Sara Demyanovich (FXCM) - W 30-34: 50 breaststroke
Joann Leilich (DCM) - W 55-59: 50, 100, and 200 breaststroke
Barbara Zaremski (DCM) - W 60-64: 50 freestyle

Robert Butcher (TERR) - M 19-24: 50 and 100 breaststroke
Russell Kominski (FXCM) - M 19-24: 400 freestyle
Jeffrey Roddin (ANCM) - M 25-29: 200 IM
Wally Dicks (ANCM) - M 30-34: 50 breaststroke
Clay Britt (ANCM) - M 35-39: 100 IM

Potomac Valley Meeting Minutes 3/22/98

1) Chair Report:

- Jayne Bruner has been inducted into the International Swimming Hall of Fame.
- USMS rule changes for breaststroke, butterfly and freestyle were made effective, March 6, to conform to FINA rules.

2) Treasurer's Report:

- We are \$1337.91 under budget on expenses for 1998. We also received \$886 less in income than projected (for 1998).
- The new budget carried over last year's figures with the exception of the 1998 convention expenses. These will probably be lower this year than last.
- The Treasurer is resigning in July due to a job relocation. We are looking for candidates to fill the treasurer's position.

3) Registrar's Report:

- Potomac Valley registration as of today, is 1161. It was 1123 on this date, last year and 777 on this date in 1992.
- The Potomac Valley website contains printable versions of the team transfer form and registration forms, as well as contact names, email addresses, and teams with number of registrants.
- The PV club application has been changed to ask for a list of the pools a club uses.
- An inventory of significant supplies (such as a printer or calculator) and who has them will be kept by the Treasurer.
- Team renewals will be sent out earlier to give teams a chance to register in advance of their members. Members sometimes send in PV renewals in November before their clubs have renewed. In these cases the individuals' applications are held up.
- Germantown Masters noted that there is an NCAA rule that college swimmers can compete with USMS during the off-season and before attending college and still not lose their NCAA eligibility.

4) Sanctions Report:

- Evaluators were identified for the following meets:
 - a) JCNVV Lox & Bagles Meet - 4/19 - Evaluator: Wayne White
 - b) Reston 2 Mile Lake Swim -5/31 - Evaluator: Debbie Morrin
 - c) Terrapin 800/1500 Meet - 6/28 - Evaluator: Rob Whitters
- A request was made to meet directors to submit meet results in the correct order, according to the USMS handbook.

- A request was made from the floor that PVMSC help teams conform to meet requirements, that rules not be enforced in a punitive manner, and that teams be made aware of why fines are levied.
- Meet results should be kept for one year and must include the name of the meet, the location (name of pool, city and state), date of the meet, name and address of the meet director, name and certification status of officials (referees, starter, stroke and turn judges) and sanction or approval number.
- Any meet protests should be presented to a meet official within 30 minutes of the completion of a race.

5) Newsletter Editor's Report:

- The newsletter editor has a new email address which will be in the next newsletter.

6) Top Ten Report:

- Joann Leilich recommended that individuals contact her by phone rather than email.

7) Official's Reports:

- Lynn Hazlewood, our Colonies Zone Rep, is looking for a team to sponsor a SCM zone meet in October or November.
- Dave Diehl said he has a list of USS officials who are willing to officiate at USMS meets in case anyone needs this information.
- USMS rule changes:
 - 1) Breaststroke: shoulders now permitted to drop on turns and during swim.
 - 2) Butterfly: shoulders are permitted to drop on turns.
 - 3) Butterfly and Freestyle: there is a limit of 15 meters underwater swim (same as backstroke).
- Rules changes will be explained in detail in the newsletter.
- 1998 is a rules change year at convention. Rules change ideas should be submitted to Debbie Morrin, PV Chair.
- There is no certification course for USMS officials. USMS accepts certification credentials from YMCA, USS, NCAA, and high school federations.
- Potomac Valley will send four voting delegates and two at-large delegates to convention. Jeff Roddin, and Debbie Morrin volunteered to be voting delegates. Lynn Hazlewood and Dave Diehl will serve as at-large delegates. If anyone is interested in filling the two remaining voting delegate slots, please contact Debbie Morrin, PV Chair.
- Coach of the Year nominations should be submitted to Scott Rabelais, and Fitness Program of the Year nominations should be submitted to Mo Chambers by July 15.
- DCAC needs a coach. Interested individuals should contact Robert Stofferson, (703) 741-1000.
- Alexandria Masters needs a coach 2 nights a week, 7-8PM. Interested individuals should contact Ray Novitske (703) 960-4598.

- The next Potomac Valley meeting will be on June 28 at approximately 11:30AM after the Terrapin 800/1500m meet. Location will be the University of Maryland Campus Recreation pool. Directions:
 - a) From the beltway, take Rte 1 South towards College Park.
 - b) From Rte 1, take Rte 193 (University Blvd) west.
 - c) From Rte 193, turn left onto Stadium Drive.
 - d) From Stadium Drive, turn left from the circle (3/4 of the way).
 - e) After 50 yards fork left into parking lot 2.
 - f) Pool is on your right.

The Maryland Special Olympics Summer Games

The Maryland Special Olympics Summer Games are being held **June 5-7, 1998** at the University of Maryland in College Park.

We are looking for volunteers to assist us with our aquatics competition and need officials, life guards, and other interested individuals who are interested in helping with these swimming events.

Volunteers are needed on Saturday and Sunday from 8:30 to 3:00. If you are interested and available for either or both days, please contact Janet Novak at the Special Olympics office (800-541-7544, extension 3011) for further information.

Head Swim Coach Wanted

The **District of Columbia Aquatics Club** is looking for a head coach to direct its 120 plus members on to greatness.

We are a team of diversity with one of the largest memberships in PVMSC. We compete locally as well as nationally and internationally. Our members range in ability from beginning swimmers to nationally ranked. We are flexible as to the number of practices a week the new head coach can supervise. We currently have workouts five days a week under the supervision of an assistant coach and four of our members.

Compensation will be determined by experience and hours available.

For more information, please call Robert Stofferson at 202-387-4502.

POSITIVELY FOCUSED!

CJ Lockman Hall, M.A.

Do you ever find your thoughts wandering on the race day, or find negative thoughts creeping in during competition? Here are a few tips to help you stay focused for a positive performance:

1) If you catch yourself thinking too much, find a pleasant distraction. Talk with friends, read a magazine, do relaxation or breathing exercises, or just relax! Over-preparation and over-involvement can cause tension and staleness in the mind and muscles, interfering with performance.

2) If negative thoughts are creeping in a) block them out or replace them, b) transform them into positive thoughts, c) find a remedy. Example: "I'm tired." Suggestions: Shift your focus to your form, your breathing, etc. Replace the negative thought with a positive thought - "Only a few more seconds/minutes and I'll be done. Go for it!" Ease your tiredness by relaxing your muscles while still putting forth the effort. Tense muscles add to fatigue and inefficiency. Have you ever seen a tense competitor perform well?!

3) Your perception of a mistake or mini-crisis often affects you more than the incident itself. Example: You miss a turn, you feel unusually tight. Suggestions: Instead of panicking and losing your focus, quickly decide how to handle the situation and then re-focus on the present. Afterwards, objectively evaluate the incident and use your conclusions for a better performance next time.

3) Instead of thinking about the outcome (your time or ranking), concentrate on the process (your performance). A poor performance cannot produce a personal best! Concentrate on your form, technique, breathing, and relaxation. Repeating cue words such as "go!, breathe, follow through, relax, finish" at appropriate times can help your focus.

Many successful athletes clear their mind and keep it blank during competition, allowing their body to run on autopilot.

4) Step up the intensity when you feel fatigue setting in. Even though the event might feel like it is taking FOREVER, it's a small amount of time in the grand scheme. Enjoyment and relaxation will be yours after the event. This is what you've trained for - give it your best!

Try out these tips during training. When the next competition rolls around, they'll be second nature. Enjoy!

CJ Lockman Hall swims with the Montgomery Ancient Mariners in Bethesda, MD. For a complimentary issue of the Positive Performer newsletter, email/mail street address to micandcj@erols.com or 1610 Forbes St., Rockville, MD 20851.

1998 Terrapin Masters 1000/1650 Meet

The 1998 version of the Terrapin masters 15th Annual 1000/1650 meet was suppose to be held in the new University of Maryland Natatorium.

The meet was moved back to the end of January with the anticipation that the new pool would be available and we would make history as the first meet ever in the new facility. Well, Murhpy's Law took over and instead of making history as the first meet in the new pool, we made history as the last meet in the Cole Fieldhouse pool. We were all disappointed but there was nothing we could do about it.

The pool is definitely scheduled to open February 27th, which means our 1500 meet WILL be held there. A good turnout of swimmers resulted in five new meet records being set, four in the 1000 and one in the 1650 as follows:

1000

40- 44 Julie D'Ambrosia

45-49 Denise Kirwan

80-84 Anne Walker

19-24 Charles Stoner

1650

55-59 Rosalyn Schanzer

Congratulations to all the participants and to our new record holders.

The new pool has been described by some as one of the finest new swimming facilities in the country. Be sure to sign up for the Terrapin Masters 800/1500 Meter meet this summer and see for yourself.

PVMS Treasurer Wanted

There is an opening on the PVMS officers committee for Treasurer that needs to be filled as soon as possible. If you are interested please contact Debbie Morrin at 301-474-8382 or PVChair@usms.org.