

KENTUCKY WAVES

Fall/Winter 2005

USMS Convention Held in Greensboro, North Carolina

Kentucky LMSC

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Joan Hopkins, COLA

Janice Kregor, WILD

Tom Mester, CHMS

Gail O'Malley, WILD

David Oyen, EMS

Mark Rogers, WKGG

Robin Segnitz, WILD

Joanne Tingley, LAKE

Kent Waide, MYM

Michelle Ward, CHMS

Our LMSC was well represented at the U.S. Aquatic Sports Convention held in Greensboro, N.C., September 14–18, with six delegates: Bill Tingley, Mike Lemke, Meg Smath, Tom Mester, Susan Ehringer and Mark Gill. **Meg and Mark** were each elected to national office: Meg was elected secretary and Mark, vice president of member services. They will each serve two-year terms and are now members of the Executive Committee and the Board of Directors. In addition, **Mike Lemke** was reelected Great Lakes Zone representative, and will continue to serve on the Zone Committee.

Although the elections were the highlight of the convention, plenty of other activity took place as well. From **Bill Tingley**, reporting on the **Rules Committee**: During the World Championships in Montreal this summer, the international governing body for swimming (FINA) made rule changes that affect breaststroke and backstroke. USMS adopted those changes during the 2005 convention. **Breaststroke change**: The official interpretation (article 101.2) is that during or at the end of the arm pull-down of the first stroke after the start and after each turn, *a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick*. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is *not* permissible prior to the arm pull-down. In addition, there is now a requirement for all movements of the legs to be *"in the same horizontal plane and without alternating movement."* This was not previously included in our rules. This interpretation is subject to change, based upon further consultation with FINA at a meeting

scheduled for October. **Backstroke change**: The official interpretation is that the toes are no longer required to be under the surface of the water at the start. However, the toes are still not allowed to be above the lip of the gutter or curled over the lip of the gutter. The change was made so that when full-face touchpads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint, there is no change when using touchpads that hang on the pool gutter. **USMS–USA Swimming dual sanctioning**: Rules were posted at convention to allow Masters to compete with USA swimmers at the same meet. If a USA meet requests and is granted a USMS sanction, all Masters swimmers must compete under USA Swimming rules. While the details between USA and USMS are still being worked out, once this dual sanctioning is in place, it should give our Masters swimmers more opportunities to compete.

From **Mike Lemke**: The chair of the **Officials Committee** has revived the *Officials Newsletter*, and the

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Photo by Connie Barrett

Don't recognize these people when they're not in their swimsuits? Meg Smath, Bill Tingley, Susan Ehringer and Tom Mester actually wore clothes to the U.S. Aquatic Sports Banquet! Not pictured are Mark Gill and Mike Lemke, our other two delegates (who were also wearing clothes that night).

Kentucky Waves

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Volume 5, Issue 2

Registration Facts

By Joanne Tingley

Senior Games

Six SKY seniors (age 50 and over) traveled to Pittsburgh in June, bringing home gold and silver. Jon Shastid (55-59) was outstanding, with four gold and two silver medals. Dorothy Riordan (90-94) came home with two gold and one silver. Bill Tingley (50-54) won one gold, two silver, and two bronze. Bonnie Case (60-64), Jim Keller (50-54), and Wendy Medley (50-54) all placed in the top 10 in their events.

Masters age 50 and over, remember these dates: September 20-24, 2006. That's when qualifying for the National Senior Games in 2007 will be held. The 2007 National Games will be held in Louisville. The 2006 qualifying meet for Kentucky will be held in Lexington.



Jim Keller, Bill Tingley, Wendy Medley and Jon Shastid at this year's National Senior Games. Photo courtesy of Jon Shastid.

Meet your new registrars: Susan Ehringer and Pam Luebbe! Susan (kyregistrar@usms.org) will handle all new and renewal individual registrations, transfers and 30-day forms. Susan swims with Crescent Hill Masters. **Pam** (luv2swim4497@msn.com) will handle all business with SKY teams and be their contact. Pam swims with Lakeside Masters.


Help your registrars by knowing these facts:

- **Lost USMS card:** Contact the registrar immediately for a replacement card (cost \$1). Protect your card with a USMS luggage tag ordered from the National Office (usms@usms.org) for \$2 and attach it to your swim bag. Another good idea: Make copies of your USMS card! Report errors or change of address immediately to your Kentucky registrar!
- **Your name** should appear on your card as you wrote it on your original registration form. Sign *all* meet entries *exactly* as your name appears on the USMS card. This is your identification for the national database administrator and Records and Tabulation Committee chair, along with the Kentucky registrar, Top Ten chair and meet directors.
- **Your club** is Swim Kentucky Masters (SKY), and it is registered with USMS. The group you work out with is your *team*. The team registers with and pays dues to the Kentucky Local Masters Swimming Committee in October every year.
- **Registration year:** November 1–December 31 of the following year. Beginning November 1, 2005, *new* members may register for the 2006 year, and



Your new registrars: Susan Ehringer (left) and Pam Luebbe (right).

renewals will be sent to the current membership, whose 2005 registration will expire December 31, 2005. *Be kind to your registrar and send your renewal before Christmas!*

- **Insurance:** At supervised practices *all* participants must be registered members of USMS, and the practice must be under the direct supervision of a USMS member. A nonregistered swimmer can jeopardize the insurance coverage of all registered swimmers! Your *team* coach/registrar needs to monitor the swimmers.
- **Kentucky LMSC website:** Our webmaster, Meg Smath, keeps you up to date with pictures, news, forms for individuals, teams, transfers, and sanctions, the Kentucky swimmer database and much more. Visiting this address regularly is worthwhile: www.kylmsc.org.
- **USMS website:** Visit this site to find out what's happening in United States Masters Swimming: www.usms.org 

—"Convention Reports," *continued from page 1*

first copy was distributed at the meeting. Legislation that would have done away with this committee was not approved. Many people report trouble in their dealings with their USA Swimming counterparts, and this has adversely impacted their ability to have USA officials at their meets. (We in Kentucky do not have that problem and have enjoyed a good working relationship with Kentucky Swimming.)

Everyone agreed that we need to look for ways to recruit more people to be officials, and especially younger people. There is also a suggestion that we establish a liaison between the LSC and the LMSC (and perhaps to NCAA and KHSAA), since we often rely on officials from those bodies for our meets. For any LMSC that cannot obtain officials from these groups, there is a USMS Officials Certification Program that can

be implemented. There is, as stated before, little or no need for this in Kentucky.

Officials are needed for the FINA World Masters Championships, and Michael Moore, who is from the host club, promises they will be treated very well. We encouraged him to make contact information available online to make it easier for people to volunteer.

The **Legal Counselors Committee** discussed

online registration, which is the hot topic. Everyone is pushing very hard for this, especially meet directors. There are two aspects: registration for membership in USMS and entering meets. The signed waiver is one of the sticking points, and we need to be sure that clicking the "I accept" button online will suffice in place of an actual signature. We know of no case law on the issue as to whether the

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New LMSC Records

Short Course Yards

Women

Age Group	Distance/Stroke	Name	Time	Team
40-44	1000 free	Marci Casey	12:55.31	WILD
40-44	1650 free	Marci Casey	21:42.85	WILD
40-44	100 back	Marci Casey	1:13.70	WILD
45-49	200 free	Cindy Ciampa	2:11.60	PAMS
45-49	500 free	Cindy Ciampa	5:52.29	PAMS
45-49	100 fly	Cindy Ciampa	1:11.24	PAMS
45-49	200 fly	Cindy Ciampa	2:31.67	PAMS
45-49	400 IM	Cindy Ciampa	5:24.49	PAMS
50-54	50 free	Sandra Marlowe	30.72	WILD
50-54	50 back	Sandra Marlowe	35.70	WILD
50-54	100 back	Sandra Marlowe	1:19.16	WILD
50-54	50 fly	Sandra Marlowe	32.53	WILD
50-54	100 IM	Sandra Marlowe	1:15.88	WILD
65-69	100 back	Susan Bradley-Cox	1:38.15	WILD
70-74	50 back	Mary Jane Mullins	48.43	LAKE
70-74	100 back	Mary Jane Mullins	1:42.77	LAKE
70-74	200 back	Mary Jane Mullins	3:43.91	LAKE
70-74	50 fly	Mary Jane Mullins	37.15	LAKE
90-94	50 free	Dorothy Riordan	1:22.10	LAKE
90-94	100 free	Dorothy Riordan	3:10.20	LAKE
90-94	100 back	Dorothy Riordan	3:47.50	LAKE

Men

Age Group	Distance/Stroke	Name	Time	Team
25-29	100 free	Jerrold Kappler	23.11	LAKE
25-29	200 free	Jerrold Kappler	46.19	LAKE
25-29	50 fly	Jerrold Kappler	23.11	LAKE
35-39	50 breast	Abraham Solano	27.76	LAKE
35-39	100 breast	Abraham Solano	59.48	LAKE
35-39	200 breast	Abraham Solano	2:09.46	LAKE
35-39	200 fly	Abraham Solano	2:02.16	LAKE
35-39	200 IM	Abraham Solano	1:59.79	LAKE
35-39	400 IM	Abraham Solano	4:22.41	LAKE
40-44	500 free	Robert Holmes	5:21.21	CHMS
45-49	200 IM	Cork Haberek	2:16.29	AYMS
45-49	400 IM	Cork Haberek	4:54.94	AYMS
50-54	100 fly	Jim Grubbs	1:01.70	CHMS
50-54	50 breast	Mark Kraemer	32.71	CHMS
50-54	100 breast	Mark Kraemer	1:11.56	CHMS
50-54	200 breast	Larry Kress	2:40.78	CHMS
50-54	400 IM	William Tingley	5:24.54	LAKE
55-59	100 free	Jon Shastid	54.32	CHMS
55-59	100 IM	Jon Shastid	1:02.56	CHMS
65-69	50 breast	Ralph Johanson	37.17	CHMS
65-69	200 breast	Ralph Johanson	3:13.87	CHMS

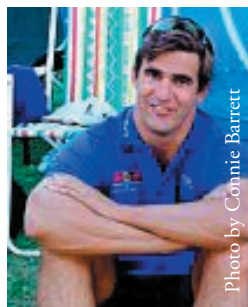


Photo by Connie Barrett

Mark Gill took a break from his announcing duties at Long Course Nationals in Mission Viejo.

Bluegrass State Games

Cindy Ciampa attended the Bluegrass State Games in Lexington in July and set new meet records in each event she swam in the 45-49 age group: 50 back (39.61), 100 free (1:11.38), 50 free (33.11) and 50 fly (36.27). To top it off, Cindy's three daughters also competed, making this a true family event, with 17 medals (14 gold and three silver). Congratulations to these "fast swimmin' women" from Paducah!

Cindy also swam on two gold-medal relays with Meg Smath, Janice Kregor and Dana Haugli of Wildcat Masters.

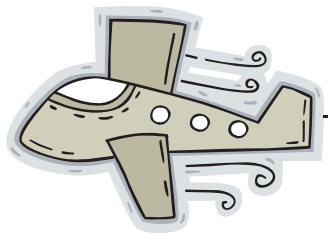


Photo by Meg Smath

Mike Lemke was by far the best-dressed delegate at the USAS convention!

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SKY Writings



Jerrold Kappler, Jennifer Kappler, Alexandra Nieto and Manuel Nieto at the SKY team dinner in Fort Lauderdale.

USMS National Championship

SKY was represented at Long Course Nationals in Mission Viejo, Calif., by two swimmers, Dale Mercker and Mark Gill. Dale was on top of his swims with firsts in the 100 breast (1:12.25) and 200 breast (2:41.34), both new LMSC records. He also was third in the 400 IM and second in the 200 IM. Way to go, Dale! With Mark's good swims, these two guys put SKY in 76th place out of 137 in the combined team scores and 58th out of 114 in the men's team scores. Go SKY!

Bellarmino University Masters Swimming. Our first season as an official university club swim team is getting off to a great start! We would like to thank Kentucky Masters Swimming for your support in getting our team started! Bellarmino Club Swimming is sponsored by Bellarmino's Athletic Department and the Student Government Association. We currently have 14 student athletes who have been swimming at Mary T. or practicing at St. X with Coach Les Seldon and her USA Swimming team (LRS). Outback Steakhouse (Fern Valley Road) hosted a fundraiser for our team, in which 100 percent of the proceeds went directly to the swim team. Our first swim meet is scheduled for October 28 in Danville against Centre College and Warren Wilson College. Our registered Masters will also be participating in Masters

meets this fall. Wish us luck and good swims!

Colonel Aquatics Masters. Colonel Masters swam this summer as a team in the Bluegrass State Games. A fun time was had by all. We have just started our fall practice and look forward to attending as many Masters meets as we can.

—Joan Hopkins, coach

Crescent Hill Masters. The SwimLouisville.com meet was held June 18–19 at the Mary T. Meagher Aquatic Center in Louisville. Teams from Ohio and five SKY teams participated. The final results are at www.kylmsc.org.

Lakeside Masters. We closed our long course season with the Annual Awards Dinner on August 28. Coaches' awards were presented in three categories. Outstanding Swim Awards were presented to Jerrod Kappler in the National 5K Postal, with a pending record, and Jennifer Kappler, Jerrod's wife, in the 1650 free at SCY National Championships. The Coaches' awards for swimmers who worked to improve technique and time went to Pam Martin

and Dale Mercker. Meet participation awards went to Wendy Medley and Barry Whaley. The Joanne Tingley Lakeside Masters Spirit Award, for participation, encouragement, support and team interaction, was presented to Jim Goodwin by the 2004 recipient, Dorothy Riordan. The Spirit Award is decided by the votes of Lakeside Masters. Congratulations to all!

Paducah Area Masters Swimming. PAMS is successful and growing! The interest in PAMS in the Paducah area is at an all-time high. Cindy Ciampa is a world-ranked Masters swimmer at 13th in the 800 m freestyle. We now have 12 registered Masters swimmers, consisting of triathletes, competitive swimmers and fitness enthusiasts. We also have an unofficial 3000 and 5000 yard workout group of several during a 90-minute period. As part of the PAMS program, I periodically videotape the members and consult with them on improvement of strokes. Our practice times are Monday–Thursday 6:30–8:00 p.m. and Tuesday and Thursday 5:30–7:00 a.m. If you are in the area, you are welcome to swim with the team—just bring your

USMS card and suit. Those interested in the Masters program contact Coach Paul Murphy, swimdownhill@aol.com or (270) 554-7946.

Western Kentucky Green Gators. Joe Byrne, who originated WKGG, is recovering quite well from an auto accident last April that conked him on the bean. He will, however, be taking this opportunity to retire a little early and relocate in January to either Columbia or Panama. Ron Finley is finally working days again and has been seen in a swimming pool from time to time. We look forward to having him back in WKGG in 2006. Former WKGG Willy Bez and his wife Judy are expecting a baby around the beginning of December. The Preston Center pool at Western Kentucky University has been renamed for WKU coach (semi-retired) and occasional WKGG swimmer Bill Powell. The pool is also under new management this year, and may finally be available for occasional Masters events. We are in the process of discussing terms.

Wildcat Masters. We are so proud of our teammate, Dana Haugli,

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Photo by Janice Kregor

SKY swimmers cheered on a teammate at Short Course Nationals in Fort Lauderdale in the spring.

—"SKY Writings,"
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who swam the English Channel this summer as part of a relay. Dana wrote Head Coach Susan Bradley-Cox, "Just finished my relay across the Channel. We were six people from ages 18 to 55. Great group! It was incredible to swim in the night with only a light stick and the stars and the boat alongside. I had the third swim so I went at 11 p.m. (we started at 9), 5-6 a.m. and then had the lucky chance to do the last 9 minutes to France. Unfortunately, the girl in front of me just missed the landing but the relay rules say that everyone does an hour and then the takeover occurs. So she swam hard but missed the landing by 9 minutes. I was thrilled with the group and thrilled that I actually swam in the dark. Loved it but hated the wash from the big and I mean big boats. Must do a relay with the Wildcats. It is an experience and a challenge. I am sure that Denny, Meg, Janice, myself and a few others would have no problem with it. Maybe we could get you in there as well???? Or do you want to coach from the bridge?"

—Meg Smath 

The women's 100 free was a close contest at the Lakeside meet this year!

—"LMSC Records," continued from page 3

Short Course Meters

Women

Age Group	Distance/Stroke	Name	Time	Team
25-29	50 free	Sarah Beltrame	28.62	CHMS
25-29	400 IM	Leslie Weeter	5:45.61	CHMS
35-39	200 fly	Michelle Ward	3:08.69	CHMS
45-49	50 fly	Pamela Borah	36.59	LAKE
50-54	50 free	Wendy Medley	37.02	LAKE
50-54	100 free	Wendy Medley	1:22.29	LAKE
50-54	50 back	Joey Blake	45.21	BEST
50-54	50 breast	Wendy Medley	49.94	LAKE
50-54	100 breast	Debbie Utz	1:49.27	LAKE
50-54	50 fly	Wendy Medley	43.36	LAKE
50-54	100 IM	Wendy Medley	1:36.04	LAKE
50-54	200 IM	Wendy Medley	3:26.28	LAKE
65-69	400 free	Susan Bradley-Cox	6:54.68	WILD
65-69	800 free	Susan Bradley-Cox	13:57.85	WILD
65-69	1500 free	Susan Bradley-Cox	26:17.71	WILD
70-74	50 breast	Mary Jane Mullins	1:06.41	LAKE
90-94	50 breast	Dorothy Riordan	2:24.11	LAKE
90-94	100 IM	Dorothy Riordan	4:43.61	LAKE

Men

Age Group	Distance/Stroke	Name	Time	Team
25-29	200 free	Craig Pickering	1:57.37	LAKE
25-29	400 free	Craig Pickering	4:10.24	LAKE
25-29	800 free	Craig Pickering	8:39.94	LAKE
25-29	200 fly	Craig Pickering	2:09.35	LAKE
25-29	400 IM	Craig Pickering	4:41.31	LAKE
30-34	100 free	Scott Dick	56.21	CHMS
30-34	400 free	Scott Dick	4:27.74	CHMS
30-34	50 fly	Scott Dick	28.06	CHMS
30-34	400 IM	Scott Dick	5:08.84	CHMS
35-39	1500 free	Dale Mercker	15:00.66	LAKE
35-39	100 breast	Abraham Solano	1:09.40	LAKE
35-39	200 breast	Abraham Solano	2:31.69	LAKE
40-44	200 free	Robert Holmes	2:10.74	CHMS
40-44	400 free	Robert Holmes	4:35.87	CHMS
40-44	800 free	Robert Holmes	9:41.63	CHMS
40-44	400 IM	Mike Neal	5:23.95	CHMS
50-54	50 back	William Tingley	32.91	LAKE
50-54	200 back	William Tingley	2:40.24	LAKE
50-54	100 breast	Mark Kraemer	1:24.32	CHMS
55-59	50 free	Jon Shastid	27.23	CHMS
55-59	50 fly	Jon Shastid	29.69	CHMS
55-59	100 fly	Jon Shastid	1:08.91	CHMS

—Continued on page 6



Photo by Meg Smath

Lakeside Invitational

This year's meet was a rousing success, with 22 visiting clubs and teams from Kentucky and surrounding states, and a count of 165 swimmers! Meet records fell in many events (see www.lakesideswim.org or www.kylmsc.org for final results).

High-point awards were presented to Lois Nochman, 81, of Michigan Masters, with meet records in three of her events, and Thomas Maine, 80, of Illinois Masters, with world record times in the 400 IM (7:48.98) and 200 fly (3:59.66) and meet records in two more. Awards are figured in LEM, as established by FINA, and based on record swims in a single meet.

Relays are always exciting, and the 120-159 men's 200 freestyle relay had everyone on their feet cheering a most exciting finish: Lakeside Masters (Jerrod Kappler, Abraham Solano, Jim Luebbe and Dale Mercker) out-touched Crescent Hill Masters (Scott Dick, Rick Stecher, Paul Widman and Keith Adams), 1:44.08 to 1:44.19!

LCM Mini-Meet

Held at Lakeside in July, this mini-meet had a fine turnout of 58 SKY swimmers. The 800 free relays began at 8:30 a.m., then the 100 breaststroke, 50 free, 200 back and 50 fly, and we were finished by 10:30 a.m. Good swims and good camaraderie by all!

Election of USMS Board of Directors

- President: Rob Copeland (Georgia)
- Vice President of Member Services: Mark Gill (Kentucky)
- Vice President of National Operations: Leo Letendre (Ozark)
- Vice President of Local Operations: Julie Heather (Southern Pacific)
- Secretary: Meg Smath (Kentucky)
- Treasurer: Tom Boak (Gulf)
- Director from Breadbasket Zone: Anna Lea Roof (Missouri Valley)
- Director from Colonies Zone: Betsy Durrant (Virginia)
- Director from Dixie Zone: Jerry Clark (North Carolina)
- Director from Great Lakes Zone: Nadine Day (Illinois)
- Director from Northwest Zone: Jeanne Ensign (Pacific Northwest)
- Director from Oceana Zone: Michael Moore (Pacific)
- Director from South Central Zone: Carolyn Boak (Gulf)
- Director from Southwest Zone: Laura Winslow (Arizona)

Tita Arnold (left) and Alice Wright Belknap dived in the women's 50 fly at Lakeside.

—"LMSC Records," *continued from page 4*

Long Course Meters

Women

Age Group	Distance/Stroke	Name	Time	Team
30-34	50 back	Alexandra Nieto	34.50	CHMS
30-34	200 back	Alexandra Nieto	2:47.79	CHMS
40-44	200 free	Gina Gatti Vice	2:23.51	CHMS
40-44	50 back	Caroline Donnelly	40.46	LAKE
45-49	100 free	Pam Martin	1:09.30	LAKE
45-49	200 free	Cindy Ciampa	2:28.78	PAMS
45-49	400 free	Cindy Ciampa	5:13.16	PAMS
45-49	800 free	Cindy Ciampa	10:44.29	PAMS
45-49	200 fly	Cindy Ciampa	2:54.22	PAMS
50-54	50 free	Wendy Medley	36.60	LAKE
50-54	200 free	Wendy Medley	3:01.06	LAKE
55-59	50 breast	Alice Wright Belknap	41.85	LAKE
55-59	100 breast	Alice Wright Belknap	1:35.64	LAKE
55-59	200 breast	Alice Wright Belknap	3:33.76	LAKE
70-74	200 back	Mary Jane Mullins	4:24.50	LAKE
70-74	50 fly	Mary Jane Mullins	1:06.07	LAKE
70-74	400 IM	Mary Jane Mullins	10:38.90	LAKE

Men

Age Group	Distance/Stroke	Name	Time	Team
25-29	50 free	Jerrod Kappler	23.60	LAKE
25-29	200 free	Jerrod Kappler	2:00.42	LAKE
25-29	800 free	Jerrod Kappler	9:27.84	LAKE
25-29	50 fly	Jerrod Kappler	25.89	LAKE
35-39	800 free	Dale Mercker	9:53.84	LAKE
35-39	200 fly	Abraham Solano	2:26.24	LAKE
40-44	50 fly	Norm Schippert	27.96	CHMS
45-49	100 free	John Voorhees	1:02.09	CHMS
45-49	50 fly	John Voorhees	29.31	CHMS
45-49	100 fly	John Voorhees	1:07.17	CHMS
50-54	50 breast	Mark Kraemer	37.41	CHMS
50-54	100 breast	Mark Kraemer	1:27.40	CHMS
55-59	50 back	William Tingley	33.62	LAKE
55-59	100 back	William Tingley	1:14.32	LAKE
55-59	200 back	William Tingley	2:45.52	LAKE
60-64	100 breast	George Dodge	1:34.11	CHMS
60-64	200 breast	George Dodge	3:28.75	CHMS
60-64	200 fly	George Dodge	3:29.53	CHMS
60-64	200 IM	John Graham	3:18.70	CHMS
60-64	400 IM	George Dodge	7:17.37	CHMS
65-69	50 breast	Ralph Johanson	43.80	CHMS
65-69	100 breast	Ralph Johanson	1:42.02	CHMS
90-94	800 free	Gary Weisenthal	24:43.31	LAKE
90-94	100 back	Gary Weisenthal	2:34.73	LAKE



Photo by Meg Smath

—"Convention Reports," *continued from page 2*

checked box will work in place of a liability waiver. Other sticking points are implementation issues and programming issues (learning how to control it, manage it, identify the person registering and keep records). We were given a sample that O*H*I*O Masters will use as hosts of the 2006 One Hour Postal National Championship. This will not contemplate *any* signature, since the participants do not assemble or appear at a central location to sign anything. This material, however, is copyrighted to O*H*I*O Masters and we may not copy without their permission. Discussion at the meeting seems to be in favor of doing this, although there is reservation because our insurer will not give us written assurance that coverage will apply. We see our job as advising the corporation of the risks, and then let the corporation (which is our client) decide whether to take the risk. Considerations in favor of online registration include the fact that a person shows up at the meet is strong circumstantial proof that they were the person who in fact clicked the box; we have had *zero* liability claims for the past five years; online payment, as through PayPal, offers more assurance of the registrant's identity; and we already have an inked signature on USMS

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membership forms (rendering the waivers for meet entries duplicitous). We are also aware that other groups (USA Triathlon, for example) have full online registration for their membership and event entries. We may recommend adding a small line to the USMS registration waiver to make clear that it covers registration for events. We may also employ an outside law firm to render such an opinion. We also noted that another committee will approach other organizations to see how they implemented their online membership registration.

Michael Moore told us that there are no legal issues needing any attention for the XI FINA World Masters Championships.

Tracy Grilli (USMS National Office Administrator) has (or should have) bylaws for all LMSCs, and we will review some of these to help come up with either a model bylaws or a kit that LMSCs can use in preparing their own. We will also ask LMSCs to send in their grievance procedures so we can provide some guidance.

We will be registering our name and trademarks, as our prior registration has expired. We will conduct a poll of LMSC chairs, through the zone representatives, to determine whether "Masters" and "Swimming" are being used.

Susan Ehringer reports: The **Registration Committee** meeting was

dominated with preparation for online registration. Signatures on the registration form is a large liability concern. The committee agreed to consult the Legal Counselors Committee about using electronic signatures for the waivers. The committee is developing a task force to prepare for the software needed to create the online system. There was debate about an 18-month or annual registration. Currently, USMS begins registering members in November, with registration lasting until December 31 of the following year. The committee is considering re-registration being required every 18 months, or every year on the anniversary of the member's registration. No decisions were made. In a move to assist Hurricane Katrina victims in the Dixie Zone who are members of USMS, the committee decided to waive the 60-day waiting period for transfer from one club to another.

The **Marketing Committee** met twice during the convention. During the first meeting, the marketing plan was reviewed, and committee members were assigned a variety of the action items. The goal of increasing awareness of USMS to potential member and influencer audiences is the main focus. Several groups were already identified to be targeted, and members of the committee are working toward contacting them. The

committee agreed to reduce the number of printed annual planners to 3000 for 2006. Very few planners were given out this year to members. Planners are given to those members who send a self-addressed stamped envelope to the National Office. The committee believes many do not use the paper planners in favor of electronic media. A competition for LMSC membership growth in 2006 was developed. The membership campaign at the LMSC level will take place November 1, 2005, through December 31, 2006. One delegate's expenses to the 2007 convention will be awarded to the LMSC that increases its membership by the largest percentage.

The **Coaches Committee** reviewed the year's work and committed to finishing a coaches manual within six months. The ASCA (American Swimming Coaches Association) convention and clinic had the first Masters certification course since 1999. Visit www.swimmingcoach.org for more information.

The articles published by the **Fitness Committee** on the USMS website will be reviewed for timeliness and safety. "Making Fitness Fun" will be an article in an upcoming issue of *USMS Swimmer* magazine. The three fitness events, Check-Off Challenge, 30-Minute Challenge and Virtual Swim, were successful in

2005 and will be continued in 2006. Visit our Health & Fitness link on the USMS website for details.

The **Safety Education Committee** will merge with the Sports Medicine Committee beginning in 2006. Safety tips will be available to LMSC safety chairs.

From **Mark Gill**: The **Championship Committee** approved the championship bids that were voted on by the House of Delegates. Short Course Nationals for 2007 will be held in Federal Way, Wash., May 17–20. This is a great indoor facility modeled after the natatorium in Indianapolis. It is the fourth time that Jane and Hugh Moore have directed a national championship here, so expect great things. The 2007 Long Course Nationals will be held in The Woodlands, Tex., August 10–13. This will be the third time we have held nationals at this outdoor facility. Our meet directors will be Tom and Carolyn Boak. Between the two of them, they have also directed four nationals. All the meet directors for 2007 are past recipients of the National Championship Award. Never before have we had this much experience directing our national championships.

The **Championship Committee** now has the ability to set the entry fees for Nationals. In the future, look for a tiered

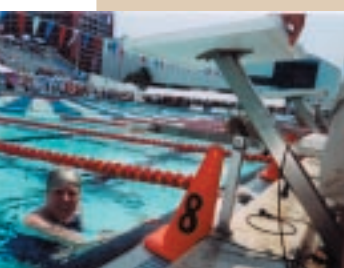
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Kentucky Sanctioned Meets, 2005–2006

- Louisville Invitational, November 5–6, 2005, Ralph Wright Natatorium, University of Louisville (SCM). Contact Mark Gill, mark.gill@usms.org
- New Albany High School, early December (see www.kylmsc.org for date), New Albany, Ind. (SCM).
- Lakeside Mile, December 4, 2005, Lakeside Swim Club, Louisville (SCM). Contact Joanne Tingley, jgting78@bellsouth.net
- Barbara Stevens Memorial, January 21, 2006, Bowling Green High School, (SCY). Contact Mark Rogers, rocketrog@aol.com or Randy Hansbrough, jrhans@insightbb.com
- Wildcat Masters Invitational, March 25–26, 2006, Lancaster Aquatic Center, University of Kentucky, Lexington (SCY). Contact Meg Smath, megsmath@bluegrass.net
- SwimLouisville.com Invitational, June 2006, Mary T. Meagher Natatorium, Louisville (LCM). Contact Mike Lemke, mcl@bluegrass.net
- Lakeside Masters Invitational, August 12–13, Lakeside Swim Club, Louisville. Contact Joanne Tingley, jgting78@bellsouth.net

Long Distance Championships Awarded for 2007

- One Hour Postal: Florida Mavericks
- 5 & 10 K Postal: South Texas LMSC
- 3000/6000 Postal: Sawtooth Masters
- 1 Mile Open Water: Reston Masters
- 1 to 3 Mile Open Water: Inland Northwest LMSC
- 2 Mile Cable: Adirondack Masters
- 3 to 6 Mile Open Water: Lee County, Fla.
- 6+ Mile Open Water: Metropolitan LMSC



Photos by Janice Kregor (top), Meg Smath (middle) and Robin Segnitz (bottom)

—"Convention Reports," *continued from page 7*

system of fees designed to encourage people to enter the championships early. This will help meet hosts in planning for the correct number of swimmers. Also accompanying this change will be the ability to enter the meet early and change your events up until the deadline. This will give greater flexibility to the athletes.

After a thorough review of Long Course Nationals in Mission Viejo, the committee decided that the qualifying times were too difficult. We will be adjusting the long course qualifying starting in 2007, the next time we host a long course national meet.

The committee is also at the beginning of a multi-year transition. Our philosophy is changing from evaluating how a meet was run to how we can help run a meet. I expect to see USMS take on much of the responsibility for selecting a host site, working with the local club to provide the needed infrastructure and running the administrative side of things. While this will not be a quick or easy transition, it will give us consistently higher-quality championships for our members.

At the **International Committee** meeting, there was a presentation by the organizing committee for the XI FINA World Championships. This meet will be held at Stanford next summer. It is expected to be the best run and attended World

Championships ever. If folks are interested in going, they should get their hotel rooms now.

The other item that took most of the committee's time related to the LATyCAR Championship Meet. This is an event in Brazil that is not sanctioned by a FINA-recognized organization. As a result, athletes who participate in the event may be suspended by FINA for a year or more. The effect would be that the athlete would miss the opportunity to swim in the World Championships next summer. USMS decided to try and resolve this situation so that our swimmers would not be sanctioned. Further, a message was sent out to the membership warning them of the possible danger. The Executive Committee of USMS continues to work with the other international parties involved to foster greater understanding of Masters swimming and avoid penalties to our athletes.

During the past year I have been working with the **Recognition and Awards Committee** to refine the Club of the Year proposal. This has now been accepted, and the award will be presented next year at convention. I am making a few final changes to the application, and then it will be ready for distribution to USMS clubs. The basic idea is that USMS wants to identify and recognize our great clubs. In doing so, other clubs can use them as examples

to learn from them and improve their own club.

One of the most exciting pieces of news to come out of the **House of Delegates** meeting was the approval of an **Executive Director** position for USMS. This will be a full-time professional who will help move USMS forward in many areas. To date, we are largely a volunteer organization. Professional leadership will help us make the best use of our amazing volunteer corps.

From **Meg Smath**: I spent much of my time at **Legislation Committee** meetings, keeping track of the amendments I would need to add to the 2006 rule book—and there were a lot! Continuing with the restructuring that began with an overhaul of the officers at last year's convention, this year we overhauled the committee structure. Several committees were replaced with coordinators—individuals who will continue the function of those committees, recruiting assistants as needed on a temporary basis. Committees converted to coordinators are Convention, Insurance and Publications. In addition, the Safety Education and Sports Medicine Committees were combined into the Sports Medicine, Health and Safety Committee. In other amendments, the Central LMSC was renamed the Illinois LMSC.

This was my last year as chair of the **Pub-**

lications Committee, and coincidentally, the last year of this committee's existence. Our own **Susan Ehringer** has been appointed as the new rule book coordinator, and will take over publication of the rule book from me. The committee selected a design submitted by Ray Novitske for the cover of the 2006 rule book, and decided to dedicate the rule book to Pieter Cath. Pieter was the chair of the Records and Tabulation Committee, and from the nearby Lake Erie LMSC. He passed away this summer after a short illness; USMS has lost one of its hardest workers.

I also spent a lot of time at meetings of the **Communications Committee**, where we discussed the makeup of the Editorial Committee that has oversight of *USMS Swimmer* and our website. Some felt the new magazine has swung too far in the direction of fitness swimming and is not giving enough attention to competitive swimming. Another hot topic was setting priorities for web projects. Quite simply, our webmaster has more work to do than there are hours in the day. A subcommittee was formed to review the content of articles to be posted on the web. Another web-related issue is monitoring the discussion forums. Volunteers are sought to keep the forums on topic

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and steer questions to someone who knows the answers.

One of the success stories for the website this past year was the Current Top Times database. A subcom-

mittee that includes our own **Mark Gill** has been hounding meet directors to get them to turn in their meet results. This database goes beyond simply listing the top 10 swims in each event,

and lists all swims. The program helps recognize all hardworking Masters swimmers, and also provides a searchable database of times. The Communications Committee recommended

that the Records and Tabulation Committee work with the developers of the Current Top Times database to come up with a plan to work toward a single meet-results database. 🏊

SKY Swimmers in the News

Nancy McElwain (of Crescent Hill Masters) finished fourth in the 35-39 age group at the 2005 ITU World Long Distance Championships in Denmark on August 6. Nancy finished fourth in her age group, and 167th overall. Her total time was 7:19:14. The race consisted of a 3 kilometer swim (which Nancy completed in 53:24), a 120 kilometer bike ride and a 22.5 kilometer run.

Dave Burgio (of Wildcat Masters) recently competed in the 15th World Transplant Games in London, Ontario, Canada. He had a great meet, competing in the "Super Veteran" category (age 60 and over). Dave won the 50 fly (43.82) and 100 free (1:35.42), and was second in the 200 free (3:30.92), 400 free (7:49.08) and

100 back (1:53.97). All events were short course meters. Good job Dave!

SKY won the small team championship at the 2005 IGLA Championships in Atlanta, with only six swimmers! Craig Pickering, Michelle Ward, Mark Gill, Mike Neal, Anne Huntington and Vicki Catlin represented us well! Craig won all five of his individual events in LMSC-record time, and Michelle and Anne each won two of their events.

Scott Dick (of Crescent Hill Masters) represented SKY at the World Masters Games in Edmonton, Alberta, Canada. Scott, competing in the 30-34 age group, was 2nd in the 200 fly (2:29.15), 4th in the 400 IM (5:21.34), 3rd in the 100 free (57.30), 6th in the 100 fly (1:04.08) and 4th in the 200 free (2:09.38). 🏊



The International Swimming Hall of Fame, Fort Lauderdale, was the site of the 2005 Short Course Nationals.

SKY Places 16th at Short Course Nationals!

Twenty-one Kentucky Masters competed at the USMS Short Course Nationals in Fort Lauderdale, Fla., May 19-22. In addition to our 16th place finish in the combined category, the women placed 17th and the men placed 23rd.

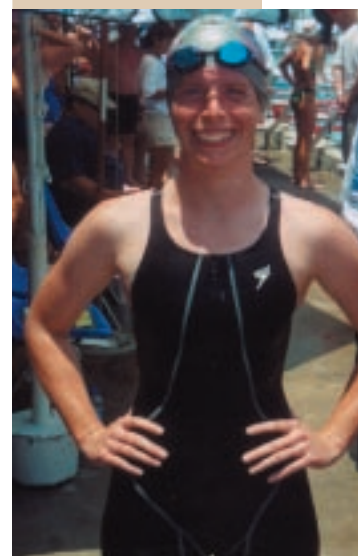
Jennifer Kappler and Mary Jane Mullins both were national champions: Jennifer won the 30-34 women's 1650 free, and Mary Jane won the 70-74 women's 100 and 200 backstrokes.

We had many other top 10 finishes: Leslie Weeter (25-29), 4th in 400 IM and 6th in 1000 free, 100 breast and 200 fly; Katie O'Brien (25-29), 2nd in 1650 free; Alexandra Nieto (30-34), 2nd in 200 free, 4th in 500 free, 6th in 100 IM; Jennifer Kappler (30-34), 3rd, 200 free, 500 free, 200 breast, 100 fly and 400 IM; Cindy Ciampa (45-49), 5th in 200 back, 200 fly and 400 IM, 6th in 200 free, 8th in 500 free; Janice Kregor (45-49), 10th in 1650 free; Sandra Marlowe (50-54), 6th in 50 fly, 8th in 100 IM; Tracy Elton (55-59), 10th in 1650 free; Mary Jane Mullins (70-74), 2nd in 50 fly, 3rd in 50

back and 100 IM, 4th in 200 IM; Manuel Nieto (18-24), 2nd in 200 fly, 4th in 500 free, 7th in 200 free, 9th in 100 fly; Jerrod Kappler (25-29), 2nd in 100 free, 200 free, 50 fly and 100 fly, 3rd in 50 free and 100 IM; Keith Adams (25-29), 7th in 200 IM; Mark Gill (35-39), 9th in 100 back; Tito Solano (35-39), 2nd in 100 breast, 200 breast and 200 IM, 3rd in 50 breast and 400 IM, 5th in 200 fly; Bill Tingley (50-54), 10th in 400 IM.

Several of our relays were in the top 10 too. The most exciting of our relay races was our 18+ mixed medley relay. Alexandra Nieto led off on back, followed by Jennifer Kappler on breast. The other relays in our heat led off with men, so we were far behind after the first two legs. Manuel Nieto made up a lot of ground on the fly leg, and then Jerrod Kappler lunged for the wall at the finish as we won our heat, and finished 3rd overall. Meg Smath *still* has a sore throat from screaming during that race! 🏊

Photos by Janice Kregor, Meg Smath and Robin Segnitz



Published spring/summer and fall/winter by the Kentucky Local Masters Swimming Committee. William Tingley, chair; Mike Lemke, vice chair; Meg Smath, secretary; Melinda Schmitt, treasurer; Susan Ehringer and Pam Luebbe, registrars.

Submit material for spring/summer issue by May 1; for fall/winter issue by October 1 to:

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Printer: Sam Blythe at
WesterfieldBonte Co.



Top: Tracy Elton picks up her medal for the 1650 free in Fort Lauderdale (photo by Janice Kregor). Bottom: Tom Mester takes it easy between races (photo by Meg Smath).

Osteoporosis: How Much Do You Know?

From an article by Sara Quan, Oregon LMSC

Osteoporosis is a disease in which the bones become brittle. It is the most common bone disease and affects both men and women. It is a progressive disease that frequently goes undetected until a fracture occurs. It is characterized by low bone mass and thinning bone tissue, making the bones look more porous than normal, hence quite brittle. The principal sites of osteoporotic fractures are the spine, hip and wrist. Do not ignore fractures that occur at other sites.

Both men and women need to educate themselves about the risks of this disease and take preventive measures to avoid osteoporosis. Swimmers, although we are very active and exercise almost daily, are not receiving the maximum benefits of exercise for our bones. Yes, the muscles are tugging on our bones to stress them, but not nearly as well as weight-bearing exercise: for example, walking, running, dancing.

Medical technology makes accurate testing for osteoporosis available

for early detection and, ultimately, prevention. The following are some of the risk factors, from the National Osteoporosis Foundation:

Nonmodifiable:

- Personal history of fracture as an adult
- History of fracture in first-degree relative
- Caucasian race
- Female sex
- Dementia
- Poor health/frailty

Potentially Modifiable:

- Current cigarette smoking
- Low body weight (less than 127 lb)
- Estrogen deficiency
- Early menopause (45 or earlier) or bilateral ovariectomy
- Prolonged premenstrual amenorrhea (more than one year)
- Low calcium intake (lifelong)
- Alcoholism
- Impaired eyesight despite adequate correction
- Recurrent falls

- Inadequate physical activity
- Statistics to be aware of:

1. The average adult takes in 450 to 650 milligrams of calcium per day—recommended is 1,000 to 1,500.
2. A woman's risk of developing osteoporosis doubles every five years after menopause (age 50).
3. Approximately one in six women over 50 will experience an osteoporotic hip fracture in her lifetime, with the risk dramatically increasing with age.
4. One in eight men over 50 will experience an osteoporotic fracture during his lifetime.

Preserving Bone Health

- Eliminate/reduce tobacco, alcohol, caffeine and steroid use
- Alcohol damages osteoblasts, making it difficult for these cells to build new bone

- It is known that excess caffeine promotes calcium loss into the urine via the kidneys. This loss can be minimized if calcium intake is 600 milligrams per day.

Vitamins' and Minerals' Role in Your Body

- Calcium is necessary for muscle contraction, regular heartbeat, proper brain and nerve functions, kidney functions, teeth to be hard and blood to clot.
- Clinicians worldwide agree that the single most important thing you can do to prevent and treat osteoporosis is to obtain adequate calcium and vitamin D.
- Exercise essentials: warm up, stretch and cool down.
- Weight-bearing exercise + strength training + balance + posture exercise = strong bones.

For more information: www.usms.org/fitness/articleofthemoth

