



NEWSLETTER OF THE KENTUCKY LOCAL MASTERS SWIMMING COMMITTEE
NOVEMBER 15, 1999

VOLUME II, NUMBER 3

MASTERS SWIMMING FOR LIFE

MASTERS Swimming for life was the theme of the XX Convention held in San Diego, CA September 15-19, 1999. The Convention is held in conjunction with United States Aquatic Sports. This was my second convention and first to attend as a delegate. Before attending the Convention, I had no idea of the amount of time and effort that goes into Masters Swimming. Most of us probably take for granted that somebody will put on Nationals, publish the Rule Book and Swim Magazine, keep track of top ten times and records, and then find the money to pay for all of it. The Convention is where plans are made for all these things on a year in and year out basis.

Even though some of our financial and promotional activities are being given to paid workers, volunteers still account for the vast majority of the actual work. This is amazing when you consider the fact that U.S.M.S. has somewhere in the neighborhood of 35,000 members.

Many of the items that were discussed and voted on are things most of us would never notice. There were long arguments over the wording of bylaws and resolutions and a marathon session hashing out a budget. While most of these things would go unnoticed by the average swimmer, a lot happened at the Convention that will impact us all in the next year or so. Throughout the newsletter, you will notice inserts that highlight some of the more noticeable changes.

Mike Lemke - Editor

RULE CHANGES

U.S.M.S. Privacy policy - Are you concerned about having personal information (such as your age, birthdate, name) publicly listed as part of records or Top Ten compilations? The Ad Hoc Legal Counselor's Committee will be researching the issue of Privacy and pursue the drafting of a privacy policy for the USMS. There should be a report ready for next year's convention

Nationals - The surcharge for entries at Nationals will be increased from \$20.00 to \$30.00 to cover financial losses at several recent meets.

UPCOMING MEETS FOR 1999/2000

C Kentucky Classic Invitational - November 20, 1999 at Owensboro Mercy Health Park, Owensboro, Ky. Contact Robert Adams, 2245 Canonero Loop, Owensboro, Ky 42301, or obtain an entry form on line at <http://www.kylmsc.org>

C Barbara Stevens - January 29, 2000 at Bowling Green High School, Bowling Green, KY. Short course yards. Contact Mark Rogers, 306 Robin Hood Trail, Bowling Green, KY 42101, (502) 782-7330, E-mail to rocketrog@aol.com, or obtain an entry form on line at <http://www.kylmsc.org>

C NASTI/GRIN Fitness Series & Millennium Postal Swim - December 5, 1999, January 16, and February 27, 2000 at Noblesville High School. Short course yards. Contact Dick & Diane Sidner, 205 Baywood Ct., Noblesville, IN 46060 (317) 877-6751.

C Wildcat Invitational - March 25 - 26, 2000, Lancaster Aquatic Center on the campus of U of K in Lexington, Ky. Short course yards. Contact Meg Smath, 171 Creekwood Way, Nicholasville, KY 40256, (606) 885-9184, (after 6:00 p.m., before 10:00 p.m. please), via E-mail at MegSmath@uky.campuscw.net, or on line at <http://www.kylmsc.org>

C USMS Short Course Nationals - April 27 - 30, 2000, IUPUI Natatorium, Indianapolis. For entry details, and there are many, see the JAN/FEB 2000 issue of *SWIM* Magazine. Please note that this is a change in location! Nationals had been awarded to Phoenix, AZ, but had to be moved because of parking and zoning problems.

C SwimLouisville.com Invitational - June 17, 18 2000, Mary T. Meagher Aquatic Center, Louisville, Ky. Long course meters. Contact Mike Lemke, 3127 Radiance Road, Louisville, Ky 40220 (502) 452-9180, (before 11:00 p.m.) mcl@bluegrass.net or on line at <http://www.swimlouisville.com>

C Lakeside Masters Invitational - August 5, 6 2000 at Lakeside Club, 2010 Trevillian Way in Louisville. Long Course Meters. Contact Joanne Tingley, 2107 Eastview Ave., Louisville, Kentucky 40205, (502) 454-3029 (before 10:00 p.m. please) E-mail to jtingley@aye.net or get your entry form on line at <http://www.kylmsc.org>

STATE RECORDS PROJECT

This issue includes the last of three planned state records inserts. The insert with this issue is the result of the research for Short Course Meters. Records for Long Course Meters and Short Course Yards were printed in previous issues. Brad Schmied, chairman of the ad hoc committee on state records has researched as many meet results as are available in preparing these listings. The final step in the process of putting the stamp of approval to these records is up to our swimmers. Only your scrutiny can test the reliability of the records.

Please review these records to see if anything has been missed or reported incorrectly. If you know of a time that is faster than any of the reported records, we want to know about it. The requirements are rather simple. The swimmer must have been registered in the Kentucky LMSC and the event must have been part of a sanctioned or recognized Masters competition. The swimmer may have been registered with a team, or unattached, and it does not make any difference where the event took place. If you have a record that we missed, we will need to see a copy of the meet results showing the event, age group, and date of the competition.

You can contact Brad Schmied with updated information 1035 Everett Avenue, Apt. 23, Louisville, KY 40204. If you have web access, you can E-mail Brad at bsch@bluegrass.net. If you would like to keep up to date on the Kentucky Records project, the information is on the world wide web at <http://www.kylmsc.org>

REGISTRAR'S REPORT

Before November 30, 1999 renewal registration forms will be received by all Kentucky Masters registered in 1999. Your 1999 registration expires December 31, 1999. Please renew your 2000 registration promptly, making any necessary changes in your address, phone etc. Your registrar truly appreciates your timeliness during the holiday season. The first meet in 2000 will be on January 29 in Bowling Green, KY (see schedule in this newsletter). As of this date, Kentucky Masters Swimming again has a record number of swimmers registered ----532!!!!

Also, we have another new team in our LMSC. Gordon Towell and Rita Egan are the pioneers of Eagles Masters Swimming. Welcome to Kentucky Masters Swimming, its good to have a team again in Morehead.

Joanne Tingley

RULE CHANGES

Non-discrimination policy - U.S. Masters Swimming has amended its anti-discrimination policy to include sexual orientation in the list of areas where we will have no discrimination. This was added not because of any finding of discrimination in USMS, but because of the need to speak out against certain discriminatory practices that were reported from Masters swimming abroad.

THE SWIM DOCTOR

Circadian Rhythms

Did you ever have a day when you feel like your time in the swimming pool would have been better spent in bed? It may have been due to an alteration in your circadian rhythm (Latin: circa – around; Dies – day).

It has long been known that the circadian rhythm may affect a person's body temperature, blood pressure and such things as blood cortisol (steroid) levels. Recently it has also been shown that daily rhythm changes can increase the incidence of heart attacks, sudden death from various heart diseases other than heart attacks, and strokes. How do these dysrhythmias affect the masters swimmer?

Studies of regular night-shift workers shows that their circadian timing system fails to adapt to these inverted schedules. This adversely affects their work-rest schedule, resulting in disturbed daytime sleep, which leads to sleep deprivation. This in turn will affect a person's performance capacity. Other modulators of circadian rhythm include work load, psychological and physical stressed, time of day, altitude, diet, and age. For example, postmenopausal women undergo hormonal changes, which can change, at least temporarily, their sleep pattern.

The take home message from this is that to optimize your physical and mental performance, the masters athlete must try to minimize these variables that can induce changes in the circadian rhythm. For example, try to maintain good and regular sleeping patterns to improve your workouts. Also if you cross a (several) time zone (s) to participate in a swim meet, make sure you have a day or two to recover from jet lag if you want to swim your best. And finally, we have all heard the statement "we are what we eat" (or drink). Too much caffeine or alcohol can affect our sleeping patterns and secondarily affect our biorhythms. Some of these variables are out of our control. But limiting the number of changes in our lives that can affect our circadian rhythms can improve the way we feel every day, and can positively alter our performances at home, at work, and in the swimming pool.

Edward Bell, M.D.

RULE CHANGES

False starts (no recall rule) - If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified *upon completion* of the race. **(That is, there will be no gun or other signal to recall the swimmers)**. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, be reminded by the starter of the penalties, and start again.

Butterfly clarification - in Masters meets, a swimmer may use the breaststroke kick once per each arm stroke. This year, the rule has been clarified regarding the use of breaststroke kicks after the start and after each turn. For those using the breaststroke kick on butterfly, after the start and after each turn, only one breaststroke kick is allowed prior to the arm pull which brings the swimmer to the surface.

TEAM NEWS

LAKESIDE MASTERS

Lakeside Masters is proud to have the following swimmers named as All Americans for 1998 - 1999

Individuals

Pam Martin 41 200 IM SCM

Alice Wright Belknap 49 50 & 100 Breaststroke SCY

Gary Weisenthal 86 Long Distance Swimming

Relays

800 Free Relays LCM

Kirk Buese 38, Chad Cummins 25, Josh Hamilton 23, Mary Ann Haragan 64, Pam Martin 40, Dale Mercker 31, Amy

Pope 37, Matthew Reinhart 19, Melinda Schmitt 39, Bobbi Sipes 31,

William Tingley 48, Joyce Voit 63, Alice Wright

Belknap 48.

Several of our swimmers have also been busy with some charity work that is being done in memory of former Lakeside swimmer Mary Tierney. For the second year in a row, Pam and Jimbo Martin organized and hosted a Halloween fundraiser for the Juvenile Diabetes Foundation. This year's party was held at The Red Barn at U of L and generated over \$5,000.00 in donations for the cause.

Joanne Tingley

LOUISVILLE YMCA MASTERS

The Downtown YMCA again sponsored an annual open water swim this past June. This year's attendance was 58 swimmers. The 2000 LOUY open water swim will be held on Saturday, June 3rd. The format this year will be slightly different than in years past. The sanctioned event will go off at 10:00 a.m. and the recognized event will go off at 12:30. We are looking forward to another successful open water swim and hope many Kentucky Masters swimmers can attend. For more information, call the Downtown Louisville YMCA @ (502) 587-2357.

Sallie Dilaura

CRESCENT HILL MASTERS

Crescent Hill Masters began its second full year in the rebuilt Mary T. Meagher Aquatic Center with a record number of swimmers (90) and more participation than ever before. We hosted our first full sized meet, the SwimLouisville.com Invitational this past June and were pleased to see a lot of area swimmers in attendance. Next year's meet should be bigger and better, with more time to prepare and organize the meet. Also, if things work out, we will split the meet into two morning sessions, with the social being held Saturday afternoon at Churchill Downs.

Crescent Hill Masters, continued

We were also busy doing some fundraising this summer. We provided officials for two area summer league championships

and used the proceeds to buy equipment (starter's box and auxiliary speaker). Most of the year, these things will be used to help support area high school swimming, with an emphasis on schools with new or emerging programs.

Mike Lemke

WILDCAT MASTERS

The following article about Wildcat Masters swimmer Dave Burgio is reprinted with permission of the Lexington Herald-Leader

SWIMMER WINS MEDALS AT TRANSPLANT GAMES

Berea Hospital President Dave Burgio, 56, recently brought home two silver medals from the World Transplant Games in Budapest, Hungary.

Burgio competed against about 1,000 athletes ages 13 to 66 to win two silver medals in the 200-meter freestyle and the 400-meter super veteran age 55 and over swimming competition. He was one of 57 members of TEAM USA who participated in the 12th annual World Transplant Games. "The Transplant Games are a showcase of transplantation where transplant recipients celebrate their gift of life. We participate because we can," Burgio said. Burgio had been a kidney dialysis patient and received a kidney transplant on Jan. 5, 1996. Although he had always enjoyed swimming, it was only after his transplant that he considered competitive swimming, Burgio said. "After my transplant, I made the transition from lap swimming to competitive swimming," Burgio said. "I love the water. I like being around swimmers, the exercise, and it's simply fun." Prior to the transplant Burgio was a fitness swimmer for about 17 years. Burgio said he swam about an hour each day. Burgio also is a member of the U.S. Masters Swim Organization and the Wildcat Masters team. He plans to compete in June at the U.S. Transplant Games in Orlando at Disney World as a member of TEAM KENTUCKY.

RULE CHANGES

Forward start - At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swim wear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the deck, or on the wall. When the field has settled, the referee turns the field over to the starter by extending his/her arm towards the starter. The starter then issues the command "Take your mark" followed by the start signal as appropriate. For the **Backstroke start**, the rule is the same except that the first long whistle signals the swimmers to enter the water, and a second long whistle signals them to return to the starting position.

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SAFETY REMINDERS - DID YOU KNOW?

USMS Rules require all swimmers at meet warm-ups to enter the pool feet first and in a safe manner. The only exception is when there is a designated start/sprint lane.

MOST swimming injuries (at meets and at practice) occur at or near the walls, but not necessarily due to someone entering the pool without looking. Many injuries are caused by swimmers pushing off the wall into the path of an incoming swimmer. Special care should be exercised when practicing backstroke starts.

ALL REGISTERED United States Masters are covered by our insurance policy during meets and practices, provided that certain rules are followed. For example, injuries in a non-coached workout are not covered. Also, letting non-registered swimmers participate in the workout jeopardizes insurance coverage even where the non-registered swimmer has nothing to do with the injury.

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