



NEWSLETTER OF THE KENTUCKY LOCAL MASTERS SWIMMING COMMITTEE
NOVEMBER 6, 2000

VOLUME II, NUMBER 4

UPCOMING MEETS FOR 2000/2001

C Kentucky Classic Invitational - November 11, 2000 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 Lakeside Mile - Sunday December 10, 2000 at Lakeside Club. Short course meters. Contact Joanne Tingley, (502) 454-3029, or E-mail at jtingley@aye.net.

C Barbara Stevens - January 27, 2001 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 Wildcat Invitational - March 3 - 4, 2001, 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@bluegrass.net, or on line at <http://www.kylmsc.org>

C USMS Short Course Nationals - May 17 - 20, Santa Clara, CA, Short course yards. Contact Alma Guimarin, aguimarin@aol.com. Specific details will be published in **Swim Magazine**.

HOW TO DRIVE A MEET DIRECTOR CRAZY

Does it seem to you that meet directors are the grouchiest people on the planet? Or maybe you don't think they're grouchy, you just think they're space cadets! You may be surprised to learn that you may be responsible for making them that way! Most swimmers have no idea how complicated organizing a swim meet is, they think it just sort of happens.

There's a lot more to it than just picking a date and asking people to come. Sometimes just picking the date is an ordeal in itself. Here are some guaranteed ways to drive a meet director crazy:

1. Mail your entry form two or three days after the deadline

Why is this a problem? It should still get there before the meet. Well a, maybe, maybe not. You just never know about the mail. I've received entries that were mailed a week and a half before the deadline, but didn't arrive until several days AFTER the meet was over! Most of the meets in Kentucky set a deadline of the Monday before the meet. This may seem like too far in advance to you, but it isn't. In order to plan a meet properly, a meet director needs to know well in advance who's coming and what they're swimming. Many swimmers say they wait till the last minute to enter because they're not sure they can come. I can't speak for all Kentucky meet directors, but I can tell you I'd rather you go ahead and enter, and if you find out at the last minute that you can't make it, let me know and I'll refund your entry fee. It's much easier to delete you from the meet at the last minute than it is to add you.

2. Just swim in any old lane or heat

Why is this a problem? It's a problem because the computer thinks you're someone else. If no one notices you swimming in the wrong lane or heat, then you don't get credit for your swim and someone else does. Often swimmers swim in a later heat because they've missed the heat they were supposed to be in. That's OK; I've done that myself. But you need to clear it with the referee first. The referee will then tell the computer operator who you are and what lane you'll be swimming in. Of course, sometimes swimmers don't even realize they're in the wrong lane or heat (I confess that I swam

Continued on page 2

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Officers: Chairman - Bill Tingley, Vice Chairman - Mike Lemke, Treasurer - Melinda Schmitt, Secretary - Meg Smath
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Continued from first page

in lane 7 instead of lane 2 at the last mini-meet). This can be avoided if the timer verifies the swimmer's identity before each race. But this doesn't always happen, of course. Mark Rogers, meet director for the Barbara Stevens Memorial Meet held every January in Bowling Green, suggests that swimmers take it upon themselves to identify themselves to their timers just before they step up on the blocks.

3. Argue the rules with the officials

Why is this a problem? I know what I'm talking about. No, you probably don't. Trust me, the officials have been through a rigorous certification program, and they know what the rules are. As Bill Tingley, meet director for the Lakeside Invitational, says, "In Kentucky, our meet directors work hard with our officials to be sure they are aware of the differences between our rules and those of other organizations. Swimmers should feel secure that a KY-LMSC sanctioned meet is officiated fairly and according to ALL USMS rules. Most good referees will listen to an argument based on the rules; however, an argument based on opinion is a lost cause." There IS a rule book. It's available online at <http://www.usms.org>, and you can order a copy from the national office. Remember, it's the swimmer's responsibility to know and follow the rules.

4. Take your time getting out of the pool after you've swum your leg of a relay

Why is this a problem? I'm out before the next exchange. It's because you mess up the automatic timing. The timing system expects the touch pad to be touched four times, once for each swimmer. It will stop after the fourth touch. As Mark Rogers explains, "After each swimmer's touch, the pad stays dead for about 15 seconds (which is really a very long time) to allow the swimmer to get out. Then the pad reactivates to pick up the next swimmer's touch. If the first swimmer is still on the pad when it reactivates, it looks to the computer as if the next swimmer has come in already. Plus, the pad goes dead again, so it will likely fail to respond when the next swimmer really does come in. So the computer is ahead of the swimmers by one leg, the splits are all screwed up, and it is up to the timing operator to see it and make the correction."

Mark goes on to say that Masters swimmers really aren't too bad about this, at least not compared to high-school kids, who he says are the worst. Here's a typical scenario: "After finishing her swim in lane 6, Heather takes a couple of seconds to check the scoreboard for her time. Another couple of seconds to catch her breath. At this point she pauses to joke with one of her buddies on the deck. Three more seconds. Then she takes off her cap, shakes her hair down, dips down into the water to wet her hair and sweep it back off of her face, gives it a shake, and stands up again. Four or five more seconds, still no sense of urgency about getting out of the pool. Finally she moves to the wall, tests it to see if she can hoist herself out frontwards. No luck, another second gone. So, at long last, she turns around and gets out backwards in two stages, sitting first on the pad, then hoisting up to the edge of the pool. Finished, right? No! She remains on the pool edge, feet on the pad, while she squeezes the water out of her hair. Meanwhile, the timing operator is

gesturing madly, GET OFF THE PAD!, but no one sees or hears. Finally, Heather stands and moves off.

The timing operator, a nervous wreck by now, has been so preoccupied by this process that he has completely lost track of the other five lanes. A U-boat could have surfaced in lane 1 and he would have missed it. (I hope this doesn't sound sexist. I have nothing against high school girls.)" All kidding aside, you will make meet directors very happy if you'll just get out of the pool as quickly as possible after your leg. If you can't get out that quickly, then don't. USMS rules allow you to stay in the lane after your leg if you can't get out. Just move to the side of the lane and hold on to the lane line. Then when the race is over you can swim to the ladder to get out. Make sure all relay teams are finished with the race before you swim across other lanes, though. You will be disqualified if you interfere with another swimmer.

5. Dive into the warmup pool

Why is this a problem? I was being careful. Yeah, sure you were. And you also always buckle your seatbelt and look both ways before crossing the street! Bill says, "Former college and competitive swimmers have a tendency to dive into the pool during warmup without thinking. USMS rules forbid this kind of entry. The only allowed entry, except in sprint lanes, is FEET FIRST IN A CAUTIOUS MANNER." Please pay attention to "IN A CAUTIOUS MANNER," too. This does not mean you can do cannonballs or try to reach the flags when you jump in. Remember, a lot of people are sharing the warmup pool with you, and safe is much better than sorry. And while we're on the subject of safe warmup procedure, please remember to CIRCLE swim in the warmup lanes. Don't swim right down the middle or up and down the same side. You never know when several people may get in the lane with you. If everyone always circle swims, we should not have any collisions.

6. Don't bother to read the meet information

Why is this a problem? I'm a busy person! I don't have time to read all that meet information. Bill acknowledges that this is a problem at all levels of swimming, not just Masters swimming. He says he cannot count how many times he has been asked "What time is warmup?" "When is the heat sheet posted, can I deck enter this event?" "Why can't I enter more than five events a day?" Such questions are answered in the meet information. All you have to do is read.

7. Strike up a conversation with a timer, computer operator, or meet official during the meet

Why is this a problem? I'm just being friendly. And we WANT you to be friendly, we really do! But remember, all these meet workers have jobs to do, so just try not to strike up a conversation when they're obviously busy. Swimmers should not be talking to the computer and timing operators AT ALL, though. Don't ask them for your splits for the 1650 while they're busy running subsequent events. The meet results will have your splits, just be patient. If you need to tell the computer or timing operator something, tell the meet director or referee, who will relay the message at an opportune time.

Continued on page 3

Continued from page 2

8. Wait until the last minute to renew your USMS membership

Why is this a problem? I didn't need to renew until I was ready to compete. Mark explains: "You know you have to be USMS-enrolled in order to swim in the meet, so the Monday before the meet you mail your meet entry to the meet director, and at the same time you send your check off to the Registrar for your USMS registration. Result: the Registrar and the meet director have to go back and forth by e-mail or long-distance phone to make sure it's all there. It's a big time-waster. Here's the better way: If it's three weeks or less before the meet, DON'T send your USMS form to the registrar; enclose it with your meet entry instead (use two separate checks, one made out for the meet, the other to the LMSC for the annual registration fee). That way, the meet director has everything needed in one place. Afterward, the meet director will forward your USMS form and check to the Registrar

We don't mean to sound crabby. But meets would run a lot more smoothly, and meet directors would also be a lot more cheerful, if you would try NOT to imitate the behavior outlined in this article!

Meg Smath, with contributions from Mark Rogers and Bill Tingley

TEAM NEWS

LOUISVILLE YMCA MASTERS

The Downtown YMCA has a new Aquatics Director, Freda Holderman. Now, they are looking for a Masters swim coach. If you have questions, or are interested, please contact the Aquatic Office at (502) 587-2357, or write to 555 South 2nd Street, Louisville, Ky 40202, or e-mail Freda at FHolderman@ymcalouisville.org

Freda Holderman

LAKESIDE MASTERS

Melinda Schmitt, who is also the Treasurer for Kentucky Masters Swimming, will be honored soon by being inducted in the University of Miami (Fla) Athletic Hall of Fame. Melinda was one of the first female athletes to compete under scholarship at the school and we are all very proud of her.

Joanne Tingley

WESTERN KENTUCKY

No doubt the biggest swimming news in Bowling Green this summer was the opening in July of the new Parks & Rec aquatic center which includes a 50-meter pool along with lots of kids' splash-and-play apparatus. Because it was only open for a short season and also because of the initial swell of popularity, the city didn't really try to schedule regular lap swimming times for adults this year, but I think we'll see that change next summer. In a related story, the new Director of Park and Rec is Ernie Gouvas, who has been a good friend to our club in the past, has helped out at some of our meets and is a good personal friend to several of our members.

We had a great party in August at Richard and Gretchen Collins' house--one of the best turn-outs we've had in a long time. Some old friends among the guests: Ron Finley with

his friend Diane Bullington; Steve and Heidi Crocker and all the little crocker-diles; and Bill and Joey Powell of WKU. We've also had an impressive turn-out at practice lately. I think we can hope for a strong 2001.

Mark Rogers

OFFICIALS COMMITTEE

Kentucky Masters Swimming will be providing officials for the Kentucky School for the Blind's annual invitational meet this spring. The meet includes teams from all over the mid-west and will be held at KSB in Louisville March 2 - 3. This year the meet will conflict one day with the Wildcat Invitational, so it will help if we can spread the work among many people. Any certification or experience with swimming will qualify you to help with this meet. To be involved in a truly rewarding experience, contact Mike Lemke, mcl@bluegrass.net, or Pam Haeblerlin, GLENES@aol.com.

Mike Lemke

XXI USAS CONVENTION

Swimming - A Life's Passion

Compilation By *June Krauser*

USMS CONVENTION - The USMS Convention was held in Kissimmee, FL October 11-15, 2000. Our convention is held in conjunction with United States Aquatic Sports. A new Zone Committee Chairman was elected and it was Lynn Hazlewood. The Insurance Reception on Thursday night was excellent and was held outside around a pool. The Banquet on Saturday night was very LONG (7 pm - 11:55 pm). However, we did have the best Masters Skit ever! Following is a brief summary of the 21 Standing Committee meetings and the 5 Ad Hoc Committee meetings.

CHAMPIONSHIP - There were 3 bids submitted for SCY Nationals and the House of Delegates voted for the U of Hawaii on May 15-19, 2002. Only one bid for LCM Nationals and that was awarded to Cleveland State U for August 15-19, 2002. Four designs were submitted for a new National Patch and Bill Volckening's design was chosen. The USMS National Meet Survey results are in and it was found that the ideal length of each meet session should be 7-8 hours. Since many nationals exceed that length, the committee is focusing on ways to reduce that time factor, such as total deck seeding (which will be done at Santa Clara this year) and tighter NQTs. The survey was sent to a random sample of 1200 USMS "Top 10" swimmers with 780 responding.

COACHES - There are 800 coaches registered in the National Database. The committee would like the LMSC reps to assume a more active role in the LMSC. The next OTC is Feb 10-15, 2001 and applications are still being taken for swimmers and coaches. Mentor Coach and Swimmer Clinics are available with \$500 seed money from USMS. There are Open Water Clinics available. NIKE has decided to forego clinics. Education and information includes Ask the Coach (for SWIM), Coaches Committee Quarterly, Video Library and Book Library. Programs include Munich Coaching Program, Snooper Loan Program and On-Deck Coaching.

Continued on Page 4

Continued from Page 3

COMPUTER ON LINE - Try to select a new web-hosting provider by 11/15/00 and move the USMS web site in time for SC Nationals on line availability. A draft privacy policy was been accepted by the Legal Counselors and will be integrated into the USMS web site shortly. The House of Delegates voted to accept the Webmaster as a contract position. For 2001, we will switch over to the PDF version of the Rule Book and modify the links to the rulebook sections to use these files. Once the USMS web site has been re-hosted to a new web server, we will update the LMSC officers listing which is severely outdated in many areas. Web hosting services will be offered to LMSC's and Zones.

CONVENTION - Members were assigned to committee meetings to be sure the set-up was okay. Members helped to staff the hospitality suite. Members spent many hours collating minutes and stuffing the accordion files before the House of Delegates meetings.

FINANCE - The Treasurer reported Cash and Cash Equivalents: \$121,000 net income for 1999. Assets total \$933,550 as of 9/30/00. General reserve is \$150,000 (3 months expenses) and insurance reserve is \$120,000. Registration is largest source of income. The 2001 budget was approved with a \$42,193 deficit. Budget corrections and requests were considered.

FITNESS - Fitness events include Swim Around Revilla (total of 135 miles sponsored by Ketchikan Masters, Alaska), The Y2K Training Triathlon (run by Rick Harris and his YMCA Masters Swim Team, Alabama), Check off Challenge (New England Masters). The Strokes for Stroke needs help. The committee will offer suggestions.

INSURANCE - Our excellent Loss History (we have had very few claims) continues to be the main reason that our rates and coverage's are as good as they are. The Secondary Personal Accident Insurance is paid by USMS member registrations. The Directors and Officers Liability covers the Executive Board down to LMSC level. A Travel Assistance Program (for meets more than 100 miles from home) was presented by Peak Insurance. Covers all 40,000 USMS members while at a sanctioned/recognized meet 100 miles away from home (add to Secondary Accidental policy coverage). Question: Can a Masters Club 'hold' a meet outside of the United States and have coverage? Answer: If it is a sanctioned/recognized meet, then the USMS member is covered. But the real issue is who will sanction the meet? USMS can't sanction a meet outside the U.S. Must be sanctioned by the FINA Federation in the country where the meet is being held.

INTERNATIONAL - Two large International meets were held during the last year - Pan Pacs in October in Perth, Australia and the VIII FINA World Masters Swimming Championships held in Munich, Germany in July-Aug. The IX FINA World Masters Swimming Championships 2002, will be held on March 21 - April 3 in Christchurch, NZ. Their web site is: www.eventnz.co.nz The USMS International Contacts is accessible at USMS.org, web site under Administration. The closing dates for submitting FINA World Records are May 1st and November 1st each year.

LEGISLATION - The Computer On Line committee was re-named the Communications Committee and will encompass

the USMS Web Master and Magazine Editor positions.

LONG DISTANCE - Survey's sent to LMSCs in July - many were not returned. An article about safety in open water swimming will be in SWIM magazine. A prerequisite for hosting the One Hour Postal Swim would be a successful running of a previous postal national championship. A discussion for a wet suit category in National Championships will take place in the coming year. The committee encourages medals through 6th place in National Championships and Open Water events (beginning 2003). There is a shortage of cable swims.

2002 LD NATIONAL CHAMPIONSHIPS

- One-Hour Postal - Florida Maverick Masters
- 5/10 KM Postal - Sawtooth Masters
- 3000/6000 yd Postal - Dynamo Masters
- One-Mile OW - Emerald Aquatics - Dorena Reservoir, Cottage Grove, OR August 18
- Two-Mile Cable Swim - Virginia Masters - Chris Greene Lake, Charlottesville, VA July 13
- 1-3 Mile Open Water - O*H*I*O Masters - Lake Erie, Cleveland, OH July 27
- 3-6 Mile Open Water - LaJolla Cove SC - Pacific Ocean, LaJolla, CA August 4
- 6+ Mile Open Water - Clemson A1 Team - Hartwell Lake Clemson, SC June 8

Coaches committee has \$500 available for 4 LD clinics in 2001. There is an Open Water Clinic Manual.

MARKETING/PUBLICATIONS - The USMS Display is completed and will be exhibited at 3-5 sites. A usage request policy is currently being developed. The potential for a media "kit" was discussed. A new poster will be produced.

OFFICIALS - Obtained permission of Collegiate Swimming Officials Association (CSOA) Executive Director to use that organization's certifying process as a USMS approved certifying body. Finalized USMS Officials Committee Liaison guidelines for National Championships. Sent a proposal to USA Swimming that would allow certification of Masters officials by working a combination of USA/USMS meets. Need to work out some details before it can be implemented. USMS Officials Training Program (Certification Manual, 1992) will be updated to make it current.

PLANNING - Recommends that USMS subscribe to various publications to be used to create a database of information pertaining to recently constructed pools. The information being made available to any party exploring the possibility of new commercial pool construction. It was suggested that the committee establish a special event during 2001 with proceeds to benefit the Endowment Fund. Two altitude-training camps are scheduled for 2001: February and November. The organizers of the Senior Games are very willing to cooperate with USMS to improve the quality and efficiency of these events.

Continued on Page 5

Continued from Page 5

RECOGNITION AND AWARDS - It was determined that USMS Official awards are awards initiated and presented by the National body (USMS). The Service Award was renamed the Dorothy Donnelly USMS Service Award. We have two categories of awards - National USMS Award (Ransom J. Arthur Award - Official Recognition (Dorothy Donnelly Service Award, Coach of the Year Award, and USMS Newsletter of the Year Award). Current winners of the Official Recognition Awards will be printed in the Rule Book. All proposals for Official Recognition shall come through the committee for purposes of coordination.

RECORDS AND TABULATION - We now have a database of the total number of records for ISHOF nominations. Reporting results of relays in the Top Ten compilation has been changed to the order that we use for individual events. (Sex, age group, event, time). Check on Top Ten subscriptions being handled by the National office. Proposed a new home page for the Top Ten (Swim Gold) website to improve navigation within the Top Ten site. Revise All-Star determination procedure. Survey LMSCs to identify different methods and software used by Top Ten recorders.

REGISTRATION - Registration actually operates out of two different offices. Esther receives the electronic copies and Tracy receives the hard copy forms and checks. It is critical to provide a copy in the email a summary of the number registered and the contributions. Problems are caused by the use of comma "," and the use of the number sign "#" within the address and names. An issue was raised about the registration date that is entered into the program; this date should reflect the date that the swimmer is actually registered. The official date is the date that an official LMSC representative receives the form.

RULE BOOK - There were eight submissions for the cover design with Bill Volckening's design being selected. Gateway was again awarded the bid for printing the book. There will be 1200 copies of the full rulebook and 400 copies of the mini rulebook. The committee voted to dedicate the 2001 rulebook to Gene Donner and the staff at Gateway Printing.

RULES - This being a Rules year, there were many amendments. Also, there were a lot of housekeeping items reviewed. The most important new rules follow:

- For all courses the backstroke start is the same - toes must be placed under the water.
- Referee to be notified in writing of the intent to record an initial split BEFORE the conclusion of the meet.
- Referee to be notified in writing PRIOR to the start of a backstroke or relay leadoff split attempt.
- Meet director of a National Championship meet has the option to deck seed any or all events.
- SC National Championships may be SCY or SCM.
- NQT will be figured differently to make them more consistent year by year.

SAFETY EDUCATION - The USMS Safety Handbook for Swimmers is being revised and if completed in time will be sent to each club with the 2001 Rule Book. It was suggested that articles for Safety Education be written for SWIM magazine. It

was suggested to try and get a sponsor to print and laminate safety signs. An article of water quality issues during open water swims will be published in SWIM.

SPORTS MEDICINE - A member of the committee should be present at the OTC camp to gather more data. Articles for SWIM have been written and are waiting for publication. Two projects are being considered for research: Parkinson's disease and Osteoporosis and Swimming.

ZONE - The current nominating system was discussed. The process for 2001 will be:

1. Call for nominations printed in Jan/Feb SWIM and the National Office Newsletter.
2. Nominations due to Zone Com Chair by Feb 28.
3. Questionnaires sent to each nominee. Resumes and Questionnaires due to Zone Com Chair by Mar 31.
4. Evaluation forms sent to Committee Chairs that each nominee has served on and returned by end of April. Personal letters of reference will be the responsibility of the nominee and due back by end of April.
5. Zone committee will evaluate material and prepare a slate of candidates by June 15th.
6. Each candidate will submit a picture by Jul 10.
7. The Zone Chair will submit all of the above to the National Office for inclusion in the convention packet by August 1st.
8. The Zone Chair will submit all of the above to the National Office for inclusion in the convention packet by August 1st. Nominations from the floor must be accepted. "Meet the Candidates Forum" night was recommended. The committee will proceed with the pilot project on pool utilization for 2 or 3 LMSCs.

AD HOC HISTORY AND ARCHIVES - Many were interested in this meeting. Discussed was the status of our archives. The goal is to establish the USMS Historical Archives in the Henning Library at the International Swimming Hall of Fame in Fort Lauderdale. Databases now exist covering most of the desired subjects. Storing paper archives is now a top priority. The committee needs USMS and LMSC resource people.

AD HOC ISHOF NOMINATING - Some changes in the selection process for all NGBs should be expected. A presentation was made displaying the national records project. Because the selection for next year was from a different NGB, the previously submitted candidates of Laura Val, Drury Gallagher and Paul Hutinger will remain for 2002.

AD HOC LEGAL COUNSELORS - Addressed two issues with respect to privacy. First, drafted a privacy policy for USMS reflecting current privacy policies. Second, outlined additional privacy issues to consider. Questioned whether the E-Sign bill can be applied to USMS meet registration, membership renewal, and initial membership registration.

AD HOC PROFESSIONAL MANAGEMENT - The Professional Management Guidelines were accepted. The committee recommended that USMS Webmaster receive the sum of \$10,000 and that the USMS SWIM Magazine Editor receive the sum of \$5,000. The Ad Hoc Professional Management Committee has fulfilled its mission and was disbanded.

THE SWIM DOCTOR - NEAR DROWNING

Many Masters and USA Swimming workouts include underwater breath holding drills. These drills are designed to get the swimmer a) accustomed to a hypoxic (low oxygen) state and b) to improve the body's ability to deliver oxygen to muscles in such a state (V02 max). As a corollary, sometimes swimmers will challenge each other to see who can swim the farthest underwater. Unfortunately, this can sometimes have a catastrophic outcome, such as drowning or near-drowning. Near-drowning is defined as survival (at least temporarily) after suffocation in a liquid medium. Most experts would include loss of consciousness as a criterion. Drowning accounts for approximately 8,000 deaths annually in the United States, while near-drowning occurs several hundred times as often.

When a swimmer tries to swim as far as possible underwater, and when that swimmer becomes short of breath, how can that swimmer possibly drown when all he or she has to do is come to the surface of the water for a breath of air? Prior to a prolonged underwater swim, a swimmer will typically hyperventilate. What this does is significantly reduce the partial pressure of carbon dioxide (CO₂) in the blood while only marginally increasing the partial pressure of oxygen in the blood. The urge to breathe is triggered by hypercapnia (increased CO₂) in the blood, not by hypoxemia (low oxygen levels in the blood). So when someone hyperventilates, their CO₂ levels can be reduced to such a degree that the urge to breathe (which occurs with increased CO₂ levels) may not occur until muscles and other organs have consumed large amounts of oxygen. This leads to brain hypoxia, which can produce loss of consciousness. Unless that swimmer is identified right away, a near-drowning or drowning may result.

Risk factors that occur in near-drowning victims include risk-taking behavior, use of alcohol and inadequate supervision. Another risk factor — inability to swim — is not applicable to the majority of Masters swimmers. In conclusion, don't try to be a hero (or heroine). Know your limitations and be aware of what other swimmers around you are doing!

Edward Bell, M.D.

REGISTRAR'S REPORT

Your 2000 USMS card expires on December 31, 2000. The renewal year begins November 1, 2000 and you will receive the 2001 renewal forms in early November. Please renew before Christmas - your registrar will really appreciate that effort! Our total Kentucky Masters Swimming registration this year was 519 members representing 10 clubs. Of this number, 18 swimmers chose to be Unattached. A list of Unattached swimmers is available to Kentucky clubs by contacting me.

Swimmers - please make copies of your USMS card when you receive it - you are required to submit a copy of your USMS card with ALL meet entries. Also, if you lose or misplace (heaven forbid) your card there is a \$1.00 replacement charge. I am available at jtingley@aye.net to answer your questions. Let's have another great year. Swim for the health of it!!

Joanne Tingley