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**The Official Magazine of  
U.S. Masters Swimming**



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NUMBER 1

**The Wave  
Breaststroke:  
Tips from a  
Master**

**Caroline Krattli, 41  
Masters Swimmer  
Extraordinaire**

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Photo by Peter H. Bick

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# Peer Review

by Phillip Whitten

The New Year has arrived amid eager anticipation of the 2004 Olympic Games in Athens. Just eight months from now, Michael Phelps and Natalie Coughlin will take our sport to dizzying heights—unimaginable just a few short years ago—before a television audience numbering in the *billions*, the largest in history.

Alex Popov, Inky DeBruijn, Ian Thorpe, Petria Thomas, Kosuke Kitajima, Amanda Beard and Grant Hackett—to name just some of the likely superstars—will make their bids for Olympic glory as well.

Even more than ever before, swimming will take center stage as track and field has been tarnished indelibly with the stain of doping, and gymnastics has no obvious superstar to compare with a Nadia Comaneci or a Mary Lou Retton.

The swimming competition will be enlivened by several dramatic questions:

- Can the amazing Michael Phelps earn a one million dollar bonus offered by Speedo by equaling Mark Spitz's seven gold medals and seven world records—the greatest performance in Olympic history? Can he—dare we whisper it?—*surpass* it?

- Will Natalie Coughlin bounce back from her disappointing showing in Barcelona to establish herself as arguably the most versatile female swimmer in history?

- Will Alex Popov and Gary Hall Jr. lock horns again in their now decade-old bitter rivalry?

- Which Chinese swimmers will show up in Athens: the superwomen of 1994 and '97, or the quite mortal athletes we've seen of late?

- Will Ian Thorpe maintain his mind-boggling middle distance dominance?

Will he avenge his defeat in Sydney by beating Hoogie in the 200 free? Can he challenge the Flying Dutchman in the 100?

- And can Grant Hackett—a lap ahead of the next best distance swimmer in the world—crack 14:30 for the mile?

It's going to be great fun finding out the answers to these and other intriguing questions.

With the coming of the Olympic year, we have made some changes in *SWIM* we hope you will like. Beginning with this issue, we plan to emphasize proper swimming technique with extensive, illustrated feature articles that use both above- and underwater photography.

The concept is not new. We've done this before. What makes this different are two things: first, the articles will be more comprehensive than before; and second, along with world-class swimmers, we will also rely on Masters swimmers—folks just like us—to write and illustrate these techniques.

While we all admire the elite swimmers, sometimes there's the suspicion that because of their youth, talent and training—you know, *that* stuff—they can do things that we mere Earthlings just can't do. By using Masters swimmers—men and women in their 30s, 40s, 50s and beyond—our peers will be our role models.

This issue features the first such technique article by our cover personality, 41-year-old Caroline Krattli. Caroline has utilized superb breaststroke technique to take the world records in her specialty to unimagined levels. Here she illustrates her unmatched technique and demonstrates a drill that can improve your breaststroke. Let us know what you think.

United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. Always check with your physician prior to beginning any exercise program.

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On the Cover, Caroline Krattli  
Photo by Michael Aron

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# Just Add Water

## Tales from the Garside

Three years ago, a Frenchman claimed to have swum across the Atlantic Ocean, only stopping each day on his self-propelled accompanying raft to eat and sleep. But, if **Robert Garside** fulfills his dream, that feat will be relegated to the proverbial dung heap of history. Garside, a 36-year-old Brit, said last November he plans nothing less than to swim 25,000 miles across the world's oceans (excluding the Arctic and Antarctic). Estimated time: three to six years.

Hey, don't carp. The bloke thinks **BIG!**

Garside, who will begin his adventure in Piraeus, near Athens, Greece, reportedly is working on his starts. Like the Frenchman, he plans to wear fins, but he will eschew that suspicious, self-propelled raft. Though it may slow him down a bit, he says he'll drag a carbon fiber capsule, which he will utilize for resting.

## Back in the Real World...

Meanwhile, back in the real world, there were some notable distance

swims by Masters swimmers. **Diane Graner-Gallas**, 38, was the overall winner of the 2nd annual American Mile 1-mile Ocean Race, held Sept. 14 at Salt Creek Beach in Dana Point, Calif. Graner-Gallas

clocked 19:40, as the top three finishers were all within four seconds of each other. The event is a fund-raiser for the Twin Towers Orphan Fund for young victims of the Sept. 11 Arab terrorist attack on the World Trade Center.

Up the California coast aways, **Erica Rose** was the overall winner of the

11th Annual Alcatraz Sharkfest in San Francisco Bay the following Sunday. Rose, a former world champion in the 5K, climbed out of the frigid Bay waters in 25:39.

Barely one week later, on Sept. 20, Masters swimmer **Laura Colette**, 39, a member of the South End Rowing Club in San Francisco, completed a solo swim of Lake Tahoe—the long way—in the time of 12 hours 36 minutes 52 seconds.

### Warmer Waters.

Down in the Caribbean, 33-year-old **Alex Kostich**, a superb Masters swimmer from Los Angeles, claimed his fifth victory in a row in the 8th Annual St. Croix Coral Reef Swim on Oct. 26. Kostich finished the five-mile swim in 1:45:33 and also won the 10-miler in 3:42:19. Second in both races was **James Barber**, 43, from Zionsville, Indiana.

Nearby, 39-year-old **Lisa Hazen** of The Olympic Club, took the women's 1-mile (22:03) and 5K (1:25:02) at the Third Annual Ecoswim in Bonaire on Nov. 8. The overall winner, for the third year in a row, was 16-year-old **Vincent Van Rutten** of neighboring Curacao.

**Sun Moon Swim.** And you think your pool is crowded? A record 15,708 swimmers—mostly Masters—took part in the annual 3K swim at **Sun Moon Lake** in Taiwan on Oct. 11. It is believed that this year's Sun Moon Lake crossing boasted one of the largest open water fields in history, exceeded only by lake swims in South Africa and Israel.

## Nonagenarian Notables

**Woody Bowersock** of Laguna Woods, Calif., was just waiting to turn 90. And with good reason. The

amazing Masters swimmer had his eye on a host of ripe 90-94 records, just waiting to be plucked. In his first meet in the new age group, Wonderful Woody did not disappoint. In the 50 yard freestyle, Bowersock looked like a teen as he touched in 35.96, hacking 4.82 seconds off the previous mark. In the 50 yard back, he was equally impressive with a speedy 52.37, almost three seconds off the old record. The multi-talented Bowersock also lowered

the 200 yard free record by 3.27 seconds with a time of 3:48.77.

The North Carolina Masters (NCMS) 360-and-over 200 meter free relay team set a first-time world record of 7:16.52. The team was comprised of **Boyd Campbell**, 93; **Martin Rutter**, 91; **Harold Hoffmann**, 96; and **Jim Scherbarth**, 80.

Down in the youngster division—the 280-319 age group—the NCMS team shattered the Japanese-held record in the 200 meter medley relay by more than five seconds. The team of **Clarke Mitchell**, 71 (backstroke, 38.06); **John Kortheuer**, 72 (breast, 39.25); **Dick Kitchell**, 63 (fly, 32.09); and **Dick Webber**, 74 (free, 32.93) finished in 2:22.33.

## SwimInfo Launches Free SwimInfo.COMmunicator

**SwimInfo.com** announced the launch of a revolutionary communication tool that allows viewers and readers to be connected to SwimInfo.com 24/7 in order to get breaking news. This unique application called the **SwimInfo.COMmunicator** reaffirms SwimInfo.com's place on the cutting edge of communication and technology!

You can download this free application at [http://www.websaverlive.com/websaver/registration/1001/download\\_reg\\_new.html](http://www.websaverlive.com/websaver/registration/1001/download_reg_new.html).



Alex Kostich

Photo by Bill Collins



Diane Graner-Gallas

Photo by Tony Duffy



## President's Letter: New Year's Resolutions

A new year brings the promise of all kinds of opportunities. Resolutions can include personal goals of improving technique or endurance, or they can include simply entering an event.

To complement your personal goals for swimming, there is a wide selection of postal events in 2004, such as the Postal 1650, the Check-Off Challenge and the One-Hour Postal Championship. They make excellent measuring sticks to assess your fitness level from year to year.

Coaches talk about challenge sets, indicating a set that is done periodically to measure the benefits of training. Postal events serve nicely as *personal* challenge sets.

Your resolutions may apply to your swimming group as well. Do you have coached workouts? Do you know about the opportunities for Coach Mentor Clinics, funded in part by USMS? Have you looked at the underwater video loaner programs offered free to you through USMS? Are you aware of the new brochure on starting a Masters program? Such information will assist you in selling the concept of starting or expanding a Masters program within your facility.

Indeed, most facility directors have to be sold on the concept of dedicating pool space to another program. Your USMS mission statement and core objectives fit right in with the mission statements of YMCAs, departments of recreation, hospital-owned wellness and fitness centers and many other types of aquatic facilities.

Is your facility built with public or hospital funds? Is it supported by the United Way or any other endowment? Is it university-run for the health and recreation of the students and staff?

Clearly, there is a commonality of goals that matches those of USMS.



Dr. Jim Miller

Use this common thread to gain an audience with whomever controls pool allocation and aquatic program planning. The USMS Coaches Committee can easily help direct you in finding a coach to meet your needs, based upon budget.

Make 2004 a better fitness year for you and your swimming group. Let USMS help you in that resolution.

*Jim Miller, M.D.*  
USMS President

## Ransom Arthur Award Nominations

The Ransom Arthur Award, named for Capt. Ransom J. Arthur, M.D., the founder of Masters Swimming, is USMS's most prestigious award. It is presented annually to the person who has done the most to further the objectives of Masters swimming programs.

The award, announced at Short Course Nationals and presented in a special ceremony at the USMS Convention, honors a person who has made significant contributions to USMS, including special projects, administrative or committee duties performed or other actions that have enhanced the Masters Swimming program.

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2004 Mini Rule Book (available 1/1/04)	\$ 3.00	_____
Places to Swim**	\$ 9.00	___NA___
(Now only available on USMS Website)		
Building a Successful Masters Club**	\$ 6.00	_____
on CD (booklet no longer available)		
Masters Open Water Manual**	\$ 7.00	_____
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"Could I be a Masters Swimmer?"		
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For more information on this award and a nomination form, go to <http://www.usms.org/admin/awards> or contact Kathy Casey: 11114 - 111th St. SW, Tacoma, WA 98498; (253) 588-4879; e-mail: [awards@usms.org](mailto:awards@usms.org). Nominations are due March 15, 2004.

### USOTC Camp

The 7th USMS/USA Swimming High Altitude Training Camp, sponsored in part by The Victor, will take place Jan. 31 - Feb. 4, 2004. Twelve athletes have been selected to participate in this unique training opportunity at the Olympic Training Center in Colorado Springs. USMS is excited to be working in cooperation with USA Swimming and the USOTC to make this camp available for Masters swimmers.

Athlete participants are as follows:

Brant Allen	Nevada
Andrea Block	Illinois
Adam Craun	California
Kim Crouch	Colorado
Nadine Day	Illinois
Sue Halfacre	Florida
Keith Hoffman	Massachusetts
Matt Kanzler	California

Mary Sweat Oregon  
Paul Trevisan Pennsylvania  
Bill Volckening Oregon  
Laura Winslow Arizona

Camp staff includes the following:  
Nancy Ridout (USMS Past-President), Camp Director  
Mike Collins (NOVA), Head Coach and Coaching Coordinator  
Scott Williams (TOC), Assistant Coach  
Bob Bruce (OREG), USMS Coaches Committee Chair  
Steve Thompson (MPT, CSCS), Flexibility-ROM Trainer



Photo by Ken Redmond



Photo courtesy of the U.S. Olympic Committee



# Making Masters Fun: Cap Collecting

One of the best ways to make friends at a swim meet is by offering to trade swim caps. When trading caps, it is best to bring along extra, unused caps in their original bags. If you see someone with a great cap, introduce yourself and ask if he or she would like to trade. You may also ask coaches, who often carry extra team caps. Here are a few of our favorite caps collected over the years:



# Swim *for Fitness*

*Everything You Ever Wanted To Know*

## CIRCUIT TRAINING Becoming a Better Athlete

By Scott Rabalais

Do you have any swimming aspirations for the New Year? Want to improve your physical conditioning? Wish to swim with greater strength and control? Aim to swim faster than last year?

If the answer is “yes” to any of the above questions, then change is in store for you. Change could mean more yards, more time in the pool, improved technique or more intense practices.

Hold everything! Before tacking on the extra 500 yards at the end of workout or hiring a personal coach, consider an idea that can improve your conditioning and speed without getting wet.

All swimmers are athletes to one degree or another. As athletes, it is the quality of athleticism that determines in large part how well the challenges of any activity—whether it be swimming, volleyball or bowling—are handled. As swimmers, an improvement in our athleticism applicable to specific swimming actions will result in improved performance in the pool, whether it’s lap swimming, training or racing. But just how does one become

a better athlete?

Increasingly popular in swimming programs across the country is circuit training, which can be described as a series of exercises designed to improve strength, power, conditioning, coordination and speed. Spending time in a circuit training program, commonly referred to as dryland training, enables swimmers to bring to the pool a higher level of overall fitness.

The physical attributes derived from circuit training are often those that can be developed more effectively on land than in water, or at least enhanced on land.

In considering a circuit training program, there are several factors to con-

### Sample Workout

Exercise	Equipment	General Benefit	Brief Description
Rope-Jumping	Jump Rope	General Conditioning	Single jumps continuously
Crunches	None	Core Strength	Pull knees up, hands behind head, bring elbows to knees
Squats	Balance Discs	Lower Body, Balance	Stand with one foot on each balance disc, shoulder-width apart. Slow half-squats with hands extended in front.
Lateral Lifts	Light Dumbbells	Upper Body	Place dumbbells at side, lift laterally to shoulder height and return to side.
Hyperextensions	Gym Ball	Core Strength	Ball under stomach, feet on floor, hands behind head, raise and lower the upper body
Lunges	Small Medicine Ball	Lower Body	Extend ball forward, step forward and touch knee to ground, alternate legs
Push-ups	None	Upper Body	Turn hands in, fingertips facing each other
Streamline Balance	Balance Disc	Core Strength	Place disc underneath stomach, extend body in balanced, streamline position off ground
Box Steps	Box or Step	Lower Body	Step up and down on box repetitively, rapidly
Fly Pulls	Elastic Cords	Upper Body	With paddle attachment, bend over and simulate underwater fly pull repetitively
Flutter with Medicine Ball	Small Medicine Ball	Core Strength	Lie on back, extend ball over head and flutter kick
Squat Thrusts	None	General Conditioning	From standing, hands to ground, extend to push-up position and return to start position. Option to add vertical jump.





Photo by James Kegley



Photos left to right:  
Hyperextensions;  
Lateral Lifts; Squat  
Thrusters

sider, including time, energy, equipment, guidance and structure.

## Time

A minimal level of circuit training would consist of a cardiovascular warm-up lasting 10 minutes, circuit training for 20 minutes and a warm-down for five minutes. The workout should be scheduled at least twice a week, with total time devoted to dryland at least an hour per week.

If you are able to establish a dryland routine immediately after swim practice, this could reduce the need for a cardiovascular warm-up, reducing the required weekly time to just under an hour.

If your daily schedule does not permit adding another 30 or more minutes to a dryland routine, consider—at least periodically—substituting one of your weekly swimming workouts for dryland training. In due time, you may notice that while you were spending less time in the pool, increases in your athletic abilities through dryland have led to faster laps.

## Energy

Circuit training can be demanding, depending on the complexity of the exercises, the intensity in which they are performed and the amount of rest contained in the circuit. Circuit training emphasizes the training of movement over the training of muscle, and your circuit training efforts may need to be increased progressively. Start slowly

with proper technique in each exercise and gradually increase the speed and resistance, if applicable, through the circuit.

## Equipment

While there are numerous exercises that can be used in circuit training programs that do not involve the use of equipment, it is advisable to acquire various items to enhance and expand the workout. Among those items are:

- Medicine Balls
- Gym Balls
- Jump Ropes
- Light Dumbbells
- Elastic Cords

All of these items are relatively inexpensive and can be obtained either through local or internet suppliers. Other items needed for circuit training are a clock or timer and padded mats, unless soft flooring is available.

## Guidance

Once the circuit training equipment is in place, it is advisable to consult a coach or an experienced athlete who can assist you through a dryland workout. Ideally, a few of your teammates or fellow swimmers will want to share in the experience under a trained eye. Circuit training is ideal in a team environment as swimmers alternate through the various exercises and lend support to

one another. A dryland coach can help the athletes perform the exercises with proper technique and motivate the participants to give an honest effort through the routine.

## Structure

Determine those exercises that would be of benefit to your swimming. These might be a combination of exercises that improve core body strength, upper and lower body strength and overall coordination, particularly as the exercises relate to short- and long-axis rotation (covering the basic action in all four competitive strokes), quickness and general conditioning.

A typical beginner's program may consist of 12 exercises, two minutes spent on each. Within that two-minute period, the athlete may begin, for example, with 20 seconds of activity, followed by 40 seconds of rest, two times, eventually (over several weeks) increasing up to 40 seconds of activity with 20 seconds rest.

Rest time would include rotating or moving to the next exercise. The time to complete such a routine is 24 minutes. Eventually, more exercises can be added, or the duration of each exercise increased from two to three minutes.

## Sample Circuit

Check out the sample workout provided on page 12. This is a sample workout with limited descriptions. Consult a professional coach or trainer to assist in developing a circuit training program.

In this sample, perform each exercise for 30 seconds, followed by 30 seconds of rest, two times. Organize the exercises with respect to preferred flooring (hard/soft ground), and rotate exercises based on area of body emphasized.

*Scott Rabalais, fitness editor for SWIM Magazine, is a Masters and collegiate swim coach in Savannah, Ga.*

## AGING

### Fountain of Youth

By Joel Stager

Have you ever noticed how Masters swimmers look younger than their non-swimming friends? Is it possible that Masters swimmers have unknowingly stumbled upon Juan Ponce de Leon's Fountain of Youth?

The legend of the Fountain of Youth can be traced back several thousand years—long pre-dating Ponce de Leon himself. He is the most famous of those who have sought it, probably because of his unintended discovery of the peninsula he christened "Florida."

As the governor of Puerto Rico, Ponce de Leon was told by local inhabitants about an island located north and west of Puerto Rico upon which people reputedly lived forever. As it turns out, there actually was a group of Native Americans—the Timucuan Indians—who were very tall and outlived the Spaniards by 20 years or so.

Did these native Floridians owe their unusual vigor and longevity to clean living, lots of sunshine and vitamin C from the abundant fruit? Or was it the cheap oceanfront property, omega 3 fish oils or, perhaps, daily swimming?

Unfortunately (for them and for us), the Spaniards slaughtered vast numbers of them, and the rest of the Timucuan were killed by disease, so we'll never know their secret. Ironically, endless youth (and advanced age) eluded Ponce de Leon, too, as he was wounded while fighting the natives and died an early death in Cuba.

### The Aging Process

In terms of Masters swimmers, the two things the diverse group of 42,000 swimmers have in common is swimming and aging. We know we have control over our swimming, but do we have any control over our aging?



Juan  
Ponce de Leon

The terminology used in aging research is fairly straightforward. There are three terms used to describe the aging process: average life expectancy at birth, maximum life span and physiological functional capacity.

The first term that describes the aging process—*average life expectancy at birth*—reflects the average longevity of all individuals born in a given year or a given decade.

This number has risen from 30 for those born in ancient Rome and 47 in 1900 for those born in the USA to nearly 80 today in developed countries. This rise in average life expectancy at birth is due primarily to improvements in pre- and post-natal care, sanitation, industrial safety, emergency medicine and treatment of childhood illnesses.

However, it is not due to any particular improvement in the mortality rate of adults. An individual who lived to the age of 50 in earlier times had about the same chance of living to nearly 80 as we do. Mortality rates among the old have actually not changed very much. Only recently have more people been living beyond 85 years of age.

*Maximum life span* is estimated to have remained unchanged over the last 2,000 years and appears stable at about 122 years.

Theoretically, from a biological point of view, there is no reason to live much beyond 30 years. In other words, for the human species to survive, it is only beneficial to live about 30 years—enough time to have children (at 14 to 16 years old) and raise them until they are independent and can have children of their own (another 15 years). Living beyond 30 years is not necessarily beneficial for the species to survive.

The third term that describes the aging process—*physiological functional capacity (PFC)*—is a measure of an individual's ability to perform optimally.

This measure is the most important. While other indicators measure quantity of years, this measures quality of life—aging well and maintaining a high functional level as one approaches the end of life.

Both genetics and behavior can modify this variable. One way to quantify PFC is through analysis of competitive athletic performances. A study performed on USMS swimmers over 50 years of age suggests that men lose less than 1-tenth of a second per year in the 50 freestyle and less than 10 seconds per year in the 1500 freestyle.

It seems that athletic performance (or PFC) decreases at a slower rate than one would expect from looking at other physiological measures. Much of what we have considered aging might simply be a matter of a decrease in daily physical activity.

### Symptoms of Aging

The known effects of aging are based upon observations of the biological markers of aging from the general population. These symptoms include:

- Decreased brain weight
- Decreased muscle mass
- Decreased immune function



- Decreased cardiovascular volume
- Decreased respiratory function
- Decreased metabolic capacity

These effects may reflect a decline in daily activity leading to the secondary symptoms just listed. Compare these symptoms to the symptoms of a condition known as hypokinesia (less than normal movement due to a decline in daily activity or a reduction in daily energy expenditure):

- Loss of muscle mass
- Loss of muscle strength
- Increased fat mass
- Decreased cardiopulmonary health
- Loss of skeletal integrity
- Loss of coordination
- Increased risk of disease
- Loss of joint flexibility
- Increased risk of injury and disability

There are suggestions that the age-related decline in physical activity is related to a reduction in dopamine production/receptor decline in the brain. In fact, declines in spontaneous activity are seen in a wide variety of species. This implies that, if left alone, humans will exhibit the same decline in activity as they age as other species (although we know we can override this decline).

## Theories on Aging and Retarding the Aging Process

Various theories on the mechanisms of aging have been proposed, but none has been agreed upon unanimously. Good genetics play a significant role, as do environment and behavior. Various nutritional interventions are said to retard aging, but there is no definitive proof that they do in humans. We do know that behavioral changes, such as exercise, prolong a healthy life.

## Benefits of Exercise and Physical Activity

- Seventh Day Adventists who are vegetarians have a higher average life

expectancy at birth than similar subjects of the general population (7.3 years for men, 4.4 years for women). That number is improved by 2.5 years for those with low-risk behaviors. Physical activity accounted for 2.1 years independently.

- Non-smokers with high physical activity behaviors add five years to their average life expectancy at birth.
- Those with a complete profile of low-risk behavior add 10 years.
- Disability levels in the vigorously exercising population remain below that of the non-exerciser. Age-related increases in disability are delayed by 15 years. In other words, exercise compresses the time between age-related dysfunction and mortality.

Sarcopenia is the term used to describe the age-associated loss of muscle mass. Strength is determined primarily by the cross-sectional area of a muscle, as well as neural function. Decreased muscle mass results in less strength. With proper nutrition, resistance training can improve muscle mass, muscle strength, muscle endurance and neuromuscular function.

Older people can build muscle much like younger people. Various studies have shown strength increases in 90-year-olds after eight weeks of weight training that vary from 180 percent to 250 percent. With increased strength comes decreased disability.

## Other Benefits of Exercise

- Improved immune function: physically active elderly subjects have higher in vitro measures of immune function, and lower incidence rates and severity of upper respiratory tract infections.

- Lower incidence of ischemic heart disease: studies involving middle-aged adults have shown as much as an eight-fold gradient of risk from ischemic heart disease from most to least fit.

- Improved aerobic capacity, which has a positive effect on endurance.

- Exercise induced adaptations in cellular antioxidant defense systems,

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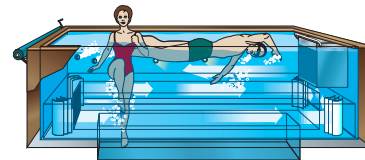
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# Sports *Medicine* .....

which are important to prevent many of the degenerative changes attributed to aging.

While we don't know the details of how exercise works, we do know the following:

- Benefits of exercise cannot be stored.
- A major fraction of the cardiovascular responses to exercise may depend upon short-term responses.
- It's not about what you *used* to do, but what you *do* do!

Wellness is a much broader term than fitness and includes the following:

- General health
- Mental functioning
- Physical functioning
- Bodily pain
- Emotional well-being
- Physical well-being

- Social functioning
- Vitality

## The Test Scores

Masters swimmers score higher on all measures of wellness except "bodily pain." This might be because of how Masters swimmers interpret the "pain" of physical training.

They score higher on composite scores for general health as well as physical and mental functioning. Among Masters, the oldest swimmers present the greatest differences when compared to the general population.

Preliminary data suggest that Masters swimmers have a greater Total Daily Energy Expenditure than the general population—and much of this is unrelated to swimming. In other words, Masters swimmers are physically more active during the rest of the day than non-swimmers.

Preliminary reports also suggest that USMS swimmers have enhanced physiological functional capacity, greater "wellness," greater non-swimming activity and enhanced vitality.

However, there are many other aging-related variables that we know little about for a population such as USMS members (such as the average life expectancy at birth). If we could determine to what extent USMS members are aging well, we could contribute to the general body of knowledge about aging and activity.

Physical activity is, perhaps, the single mechanism that has been shown in humans to extend significantly "the good life." USMS members might just be swimming in the Fountain of Youth.

*Dr. Joel Stager is the director of the Counsilman Center for the Science of Swimming at Indiana University. He oversees one of the largest and most respected graduate programs in exercise physiology in the U.S. An outstanding Masters swimmer in his own right, he also currently helps coach the IU Masters Swim Club.*

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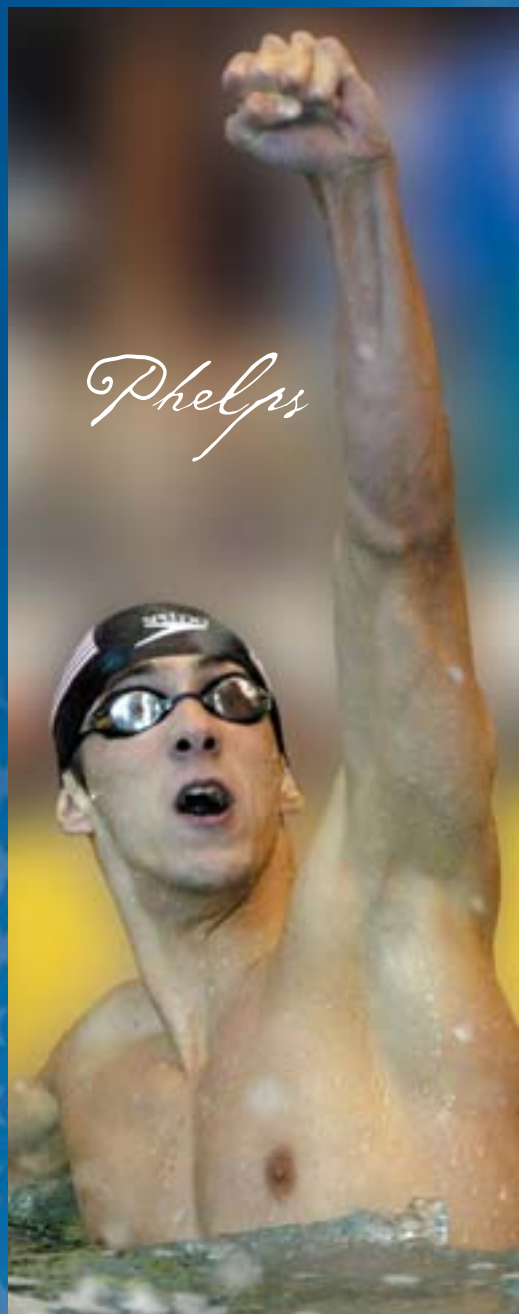


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# She's Just That Good!

*Caroline Krattli, 41, currently holds 12 world records and is ranked among the top 10 all-time Masters swimmers for her age group in every stroke. She's more than just the best in the world—she's redefining what is possible in her sport.*

*By Tate Hurvitz*

It's November. The weather—even in Southern California—has changed. The UC San Diego swimmers file out of the locker rooms at 5:57 a.m., side by side with the Masters swimmers who share the pool with them on weekday mornings.

In the early-morning winter light, swimmers look the same. They all come out huddled, their arms crossed over their chests, shoulders hunched forward, with a high-stepped scurry across the cold deck. Masters swimmers pass for college athletes, and 19-year-old kids move just like middle-aged accountants.

Usually, though, they look less alike when they get in the water. *Usually.*

At UCSD, one of its fastest, most technically-refined swimmers gets in on the Masters' side of the pool, not with the collegiate team.

It's been a few years now since Caroline Krattli finished college, but her 1:04 in the 100 yard breaststroke would still make her the fastest woman on most NCAA Division II or III college teams. In fact, in 2002—the year that Caroline swam that time—a 1:04 in the 100 breast would have placed fourth at the NCAA Division II Championships and first at the DIIs.

But she wasn't there that year—she was 40 years old!

Forty was a good age for Caroline. In March 2002 at the FINA World Championships in New Zealand, she won five gold medals, setting world records in the 50-100-200 meter breast and 200 IM for women 40-44. She also just missed setting a fifth WR in the 50 back.

She was reaping the benefits of a new stroke—the “wave” breaststroke, which she began to learn in 2000. It had taken



Photo by Michael Aron



# How They Swim: Caroline Krattli

By Ron Marcikic, UCSD Masters Swimming

## Workout Philosophy

Caroline is a tireless worker on stroke efficiency. We focus on the technical aspects of her stroke throughout the year, while maintaining a strong aerobic base. Caroline trains her breaststroke when “all the pieces fit together” well. She trains every stroke, and rests only before the big meets.

## Sample Workout

Warm-up: Dryland stretches + 1,000 yards (a bit of everything)

12 x 100

4 = free on 1:30

4 = 25 stroke/free on 1:40

4 = 25 kick-50 swim-25 kick on 1:40

4 = choice on 1:40

6 x 200 (IM or breaststroke)

1 = 50-50-50-50 (even pace on :50)

2 = 50-50-100\*

3 = 50-100-50\*

4 = 100-50-50\*

5 = 100-100 (negative split 100s on 1:40)

6 = 200 (build by 50s)

(\* 50s even pace on :50, 100 build on 1:40)

4 x 25 kick (choice) on :30

4 x 25 kick (choice) on :30

4 x 25 kick (choice) on :30

4 x 25 kick (choice) on :30

4 x 75 free on 1:00

4 x 75 (25 free-breast-free) on 1:05

4 x 75 (25 breast-free-breast) on 1:15

4 x 75 breast on 1:20

Warm-down: 200-400 choice

**Total yardage: 5,200-5,400 yards**



Photo by Gerry Vuchetich

her two years to perfect it. After over 30 years of swimming the old-style, flat, low breaststroke, she decided that a new millennium might be just the right time to re-invent the way she had always, successfully, swum her best stroke.

It sounds like the brave, even courageous, kind of thing that we have come to expect of great champions and superior achievers. But that's not it at all. It's nothing as dramatic as all that—and altogether more fun.

## Growing Up

As a young girl growing up in San Diego in the 1960s and '70s, Caroline Hart was a swimmer. She raced and started to become competitive nationally while swimming for the La Mesa Swim Club under Coach Darrell Swinsen.

After the loss of her long-time coach and mentor in the late '70s, she moved to Mission Viejo and was coached by Mark Schubert. On the national scene,

she competed against the great Tracy Caulkins.

At her peak—her *first* peak—around the age of 16, Caroline was ranked 12th in the nation in the 200 meter breast. She was among the nation's elite young swimmers, and she was having fun. She doesn't remember feeling like an Olympic hopeful. Instead, she remembers enjoying the chance to go to new cities

and see new places. She recalls that time fondly, and her tone doesn't change when she tells you that she quit that scene.

At 17, she left the Nadadores and returned to San Diego. It wasn't a case of burnout or injury. Training away from home was financially difficult, and she was ready to do other things.

She swam for a couple of more years at Grossmont Community College. In 1980, she set the state and national community college records in the 100 yard breast with a 1:06. But when you talk to her about it now, it almost sounds like an afterthought. Soon after college, she was done with swimming—no hard feelings; just time for something new.

For nine years she was a beach lifeguard, and that was fun, too. In the mid-'80s, she went back to school and earned her nursing degree. She's been in that field since 1986.

In 1989, Caroline discovered beach

# She's Just That Good!

volleyball. For most of the next 10 years, that is what got her excited. At one point, she was the No.1-ranked AA player in the California Beach Volleyball Association. She was at the top of her game at a time in the mid-1990s when the sport was rocketing into the national limelight. By then, swimming was no longer even a blip on her radar screen.

By 1997, Caroline was 36 years old, and the wear and tear of beach volleyball was beginning to take its toll. Maybe, she thought, she would get back into the pool and swim through the winter to stay in shape and give her body a break.

## Back in the Water

It had been about 18 years since she had stopped swimming. At first, she remembers feeling bored. Up and back, up and back—it certainly wasn't beach volleyball. But, no stranger to the habits of success, she decided she needed some goals that would keep things focused and interesting.

She decided to swim at the Spring Masters Nationals. It would give her something to shoot for, and a trip to Indianapolis sounded like it might be worth it. She made it. And once again, she was having fun.

Now, six years later, Caroline isn't playing much beach volleyball. The fit and friendly community of Masters swimming has replaced the flashy and fierce volleyball scene. And once again, there is not the slightest hint of regret or loss in her tone when she tells you about it.

Caroline is too busy looking ahead—planning her next challenge—to worry about not being a volleyball player anymore. And that's good, because her next goal is a doozy. Caroline wants to swim at Spring Nationals again. This time, though, she's not talking about *Masters Nationals*. Caroline Krattli wants to make the 1:05.19 qualifying mark in the 100 yard breast for the *U.S. Senior Nationals!* And she probably will!

It'll be fun, she says, just to swim with the likes of Amanda Beard and Tara

Some things that Caroline Krattli **does not** do:

- Two-a-day practices;
- Year-round weightlifting;
- 7-8,000 yard practices;
- Organized nutritional and supplement plans.

Things she **does** do:

- Work;
- Travel (she loves to plan meets based on her travel interests);
- Spend time fixing up the 1930's house that she and her husband of 20 years share.

Kirk and see what happens—to see what she can do at 42 years old.

She'll do it because she is *that* good. She'll do it because she takes her goals very, very seriously. But most of all, she'll do it because she just plain loves doing it. Shooting for nationals—or whatever goal she happens to have—is just part of the way Caroline enjoys living. And it's a more balanced life than one might imagine.

## Like Most of Us

She lives like most of us. We do more than one thing. We have more than one interest. It might be fair to say, though, that if the volume dial on our lives usually reads around a 4 or 5, hers routinely measures in the 7s and 8s. There is a great intensity—pleasant, warm and even lighthearted as it may be—that is just a part of who she is.

In her own mind, she is not that unusual. Her own achievements, to her, seem like nothing compared to fellow San Diego swimmer, Betsy Jordan. Jordan, says Krattli, is truly inspiring.

"She is in such great shape, and she's swimming so well in her 60s. That's what I want," she says. Meeting people all over the world such as Betsy, says Krattli, is what really inspires her. Although Caroline may swim faster than most of her peers, she still loves Masters swimming the same way we all do. She just wants to stay in shape, have some-

thing to call her own and enjoy a good group of people. For Caroline, it just so happens that it also means pushing herself and her sport to new levels.

Today, at 41, Caroline is more than just the best in the world. She is redefining what is possible in her sport. She currently holds 12 world records and is ranked among the top 10 all-time Masters swimmers for her age group in every stroke. And she's not finished.

Now she really wants to start having some fun! This year she has been emphasizing her other strokes because she wants to conquer the individual medley. And in October, she swam her lifetime best of 4:39.24 in the 400 (short course meters) freestyle. Caroline Krattli has never been better than she is right now!



On cold November mornings, when the swimmers have filed into their "appropriate" lanes, say around 7:05 a.m. or so, you just might hear a college coach. He'll be talking to a young athlete that he's pulled out of the water for stroke instruction. After a few minutes of explanation and various futile hand gestures, you'll finally see him point and say, "There, you see what Caroline is doing...." She's just that good.

*Tate Hurvitz is the assistant swim coach for the men's and women's teams at the University of California, San Diego. He also swims with San Diego Masters and is a lecturer in the English department at the University of California, Riverside.*



## LEARN FROM THE MASTERS

# The Wave Breaststroke

*Caroline Krattli, breaststroke world record holder in the women's 35-39 and 40-44 age group, illustrates her unmatched technique and demonstrates a drill than can improve your breaststroke. Coach Brandon Seider also offers his perspective on the Serpent-to-Corners drill.*

**By Caroline Krattli**

**Photos by Michael Aron**

### Wave Breaststroke Technique

When I am swimming breaststroke, I think about staying smooth and keeping the flow and rhythm moving in a forward direction. Wave-style breaststroke can be broken down into its individual phases, but your success will come in your ability to connect the phases of the stroke cycle as smoothly as possible.

I will share with you what I focus on in various phases of the wave breaststroke cycle, then give tips on getting through the cycle smoothly.

The start of each wave cycle begins in a streamline body position, maintaining the propulsion you have created from either your pullout from the wall or the last stroke that you just took.

At this point, I think about pressing my chest down and sculling my hands out to a “Y” position without going any deeper with my hands. I try to keep my hands and hips up near the surface so that when I switch to the next phase of the stroke—the insweep—I can press inward going forward and slightly up.

The insweep from the “Y” position is very rapid. I focus on keeping my hands out in front of me. Pulling your arms and hands too far back causes a pause in your stroke and total loss of forward momentum. The key is not to bring your elbows back farther than your shoulders.

When my body is lifted to its highest point in the cycle, my hips are pressed forward toward my shoulders. In this position, I think about keeping my neck in alignment and as relaxed as possible.

At the same time my hands are recovering over the surface of the water, my legs are loading up to take a powerful kick. My kick finishes well after my hands and arm are diving forward (not down) into a streamline position.

Swimming drills are a great way to keep improving your breaststroke technique and efficiency. I swim a few drills during each workout to reinforce swimming wave breaststroke smoothly in a forward rather than “up-and-down” manner.

### Photo #1—Streamline

Here in the streamline position, I am focusing on keeping the forward momentum from the previous stroke cycle. My hands stay near the surface of the water and do not dive downward.

### Photo #2—Press to “Y” Position

As I press my hands outward into the “Y” position, I am pressing my chest toward the bottom of the pool. My hips are rising to the surface of the water. Again, my hands stay near the surface of the water and do not dive downward.



## Learn from the **MASTERS**

### **Photo #3—Insweep**

My focus on the arm insweep is to accelerate strongly, bringing in my arms and hands toward my chest. I keep my hands out in front of me, not letting my elbows go behind my shoulders.

### **Photo #4—Insweep, Underwater View (same view as Photo #3)**

At the same time that I am insweeping my arms, my hips are coming forward, and I am just starting to draw up my legs for the kick.

### **Photo #5—Recovery/Dive Forward**

Don't lift your head to breathe. I try to keep my head in alignment with my spine while taking a breath. My goal is to launch myself quickly forward, recovering with my hands above the surface of the water. My focus is to launch forward and not down into a streamline position.

### **Photo #6—Kick Finish to Streamline**

I focus on power from my kick rather than rushing it. This helps me keep my stroke smooth and gives me time to finish each kick with my feet together. While I am completing each kick, my hands and arms are stretching forward into alignment, getting ready to start the next stroke cycle.



### **Wave Breaststroke Drill: Serpent-to-Corners Drill**

*With perspective from Coach Brandon Seider*

The purpose of the Serpent-to-Corners drill is to emphasize the wave body undulation in breaststroke. Coach Brandon Seider of UC Santa Barbara taught me the drill as part of a progression of drills to learn wave breaststroke for the first time.

The Serpent-to-Corners drill is one of my favorite breaststroke drills. I do the drill when I feel my breaststroke technique is getting too flat or low in the water. The drill is also an excellent way to loosen up my stroke before a race or workout set. The drill helps my stroke to feel more fluid and smooth.

The drill is started by a streamline pushoff from the wall. From the streamline position, you press your shoulders and chest forward and down. Your hands and head remain in alignment just below the water surface.

If you viewed this position from the side, your chest would be lower than your hands and arms. You continue the serpent motion to your waist, then

**Photo #3**



**Photo #4**



**Photo #5**



**Photo #6**





hips, with each body part slowly rolling down toward the bottom, then back up toward the surface. When the serpent undulation gets to your legs, just let the dolphin-like movement flow out the entire length of your legs.

Next, without pausing, you start into a second body undulation, this time sculling your hands out to the “Corners” position. One key to remember in this position is that your hands and head will remain very near the surface of the water with your chest pressed downward. This is an awkward feel at first, but it is the key to swimming wave breaststroke forward, not up and down.

From the “Corners” position, you go directly into one full breaststroke pull and kick. The focus is to get that same body undulation that you felt in the “Serpent” drill to wave down your body during the full stroke. The “Serpent,” then “Corners,” into full stroke are repeated over and over in a fluid smooth repeat.

Once you have mastered the flow of the drill, then incorporate a quicker insweep and forward drive of the hips with each full stroke.

Coaches recommend full stroke swimming immediately after drills to help incorporate the technique stressed in the drill into their swimmers’ stroke. It will take time to make changes and improve your technique. But the benefit will be a faster, smoother and more efficient breaststroke. One short sample set using the Serpent-to-Corners drill would be six 25s alternating, one 25 yard Serpent-to-Corners drill, followed by one 25 yard breaststroke swim.

### **Photo #1—Streamline**

In the streamline position, my hands, head, shoulders, hips and legs are all in alignment. The streamline position reduces the amount of resistance as I glide forward in the water.

*Coach Brandon Seider:* The position at the start of the Serpent is not a true streamline. Caroline is in the desired body alignment with her face looking directly downward and her hands shoulder-width apart.

### **Photo #2—“Serpent” with Chest Pressing Downward**

I have begun the body undulation by pressing forward and downward with my shoulders and chest. My hands and head remain as streamlined as possible near the surface of the water.

*Brandon:* Caroline is rolling her body like a wave or, as I like to call it, like a “serpent.” The focus of the Serpent drill is to be in a position with fingers pointed forward (arms shoulder-width apart) and have each part of your body go under the surface, then “find the surface” again.

This very slow-rolling movement is done in as

shallow an area as possible with the main focus being *forward* movement, not up and down. The slow forward movement is created not by dolphin kicking, but by pressing and releasing your chest (pulsing). Press the chest, and *everything* goes forward (fingers, arms, head, body, etc.). Release the chest, and the body rises up (also a great time to breathe).

### **Photo #3—“Serpent” with Hips Pressing Downward**

I am completing the body undulation by pressing my hips forward and downward. My legs are relaxed, and the dolphin-like movement from my hips just flows the length of my legs.



## Learn from the MASTERS

### Photo #4—"Corners" Body Position

In the "Corners" position, my chest is pressed forward and down. My head and hands stay up near the surface of the water. By pressing down with my chest, my hips rise up to the surface of the water.

*Brandon:* While working with Caroline, we focused on keeping her head down during the outswEEP and pressing her palms toward the side walls (to the "corners"), which is where the insweep begins.

### Photo #5—Insweep

I am just completing a rapid insweep of my hands; the acceleration creates lift and power. My hips move forward, but my legs remain streamlined, preparing for a powerful kick.

*Brandon:* I had Caroline work on keeping her elbows up and squeezing in everything (hands, forearms and elbows) during the insweep. This action (insweep to recovery) should be an acceleration of speed to the front, not a static or deceleration of speed. Additionally, during the insweep, I encourage Caroline to keep her head down, looking at the surface while she takes a breath.

### Photo #6—Arm Recovery, Dive Forward

My hands are recovering over the surface of the water. The recovery is fast, powerful and smooth. My goal is to drive my body forward and extend. My hands, elbows and shoulders stay close together to stay streamlined and not to create resistance. My legs are being drawn up in preparation for the kick.

*Brandon:* During the arm recovery, I ask Caroline to think about "diving" the top (crown) of her head forward, as opposed to diving her forehead forward.

### Photo #7—Breaststroke Kick to Streamline

Finally, I finish the drill cycle with a powerful breaststroke kick. Make sure to accelerate through the kick with feet together and finish streamline.

*Brandon:* The focus of the kick should be to keep the knees inside of the ankles and finish each kick completely (feet together) with a slight downward motion. This allows maximum propulsion and helps the hips to return to the surface.



*Brandon Seider is the assistant swimming coach at UC Santa Barbara.*

Photo #4



Photo #5



Photo #6



Photo #7







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# Get **SMART**: An Athlete's Guide for Maintaining Motivation

*It's one thing to make a commitment to swimming, but quite another to keep that commitment. By staying motivated, you'll be able to enjoy the numerous lifetime benefits of Masters swimming. Here's how:*

**By Scott Boyle**

A new year. A time to assess what you want to accomplish for 2004. Motivation is high, getting to the pool is easy, training is fresh and fun—this is the year that all of your goals and resolutions will be met.

The \$64,000 question is: "How can you *maintain* these feelings when the weather turns sour, your social commitments interfere with swimming and work begins to sap your last bit of energy?"

No problem. If you understand where you are in your training and you create the proper motivation and focus toward swimming, it's possible to reach your goals.

## Five Stages of Activity

No matter what your motivation for swimming, everyone falls into one of five stages related to activity:

1. *Pre-Contemplation Stage.* This is the stage where, for various reasons, you have no intention of swimming or being active for the next six months.

2. *Contemplation Stage.* Now, you are planning what you'd like to do for the next six months—perhaps dust off your swim cap and goggles and seriously consider becoming active. However, one minor problem: you'll do everything but get in the water.

3. *Preparation Stage.* You've finally entered the water—but not on a regular basis. This is a very inconsistent period when you swim sporadically and get little or none of the benefits that swimming has to offer.

4. *Action Stage.* Now, you're finally in the water on a regular basis (three times a week for 20 minutes or longer). While this stage allows you the exercise benefits of swimming, it is the most unstable phase. Unfortunately, within

six months, roughly half of you will revert to the Preparation Stage—or quit altogether.

5. *Maintenance Stage.* Congratulations! This is the stage for those of you who make it past the six-month mark. Minus time off for injury or any other unforeseen breaks in the action, now you are on a path of maintaining your swimming and an active lifestyle for your life span.

Knowing which stage you are in is an important start because it allows you to look at your current activity level and develop your plan. Getting to the Action Stage of exercise is easy—maintaining that effort and staying in the pool is more difficult.

## Personal Motivation

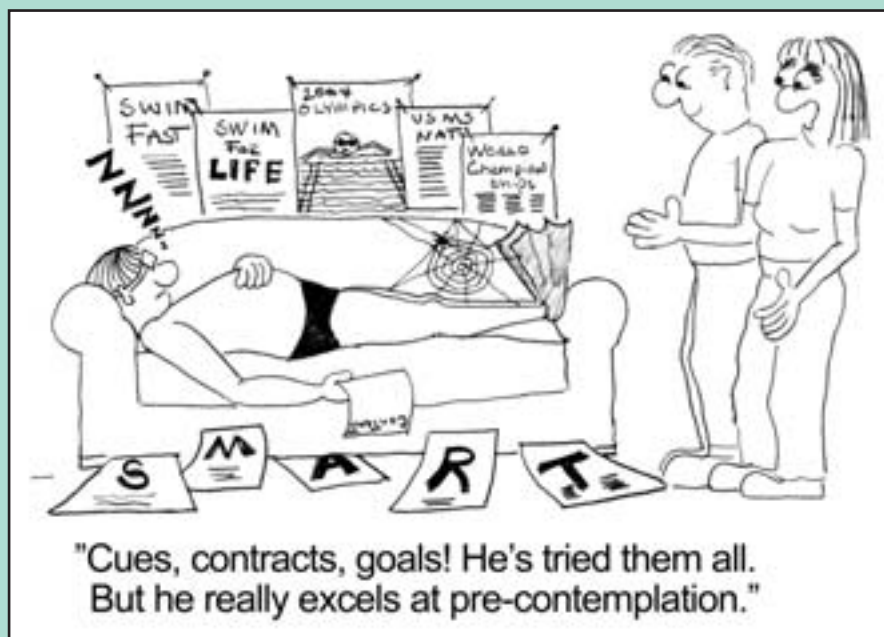
Motivation is defined as "the intensity and direction of one's effort." In order for this to be successful, you must create your own personal motivation.

Naturally, there are times when you'd rather stay in bed than get up at 5 a.m. to swim laps. But there are some helpful tips to follow that can keep you motivated to remain active.

- *Visual Cues.* These can be found anywhere in your everyday life. For example, when you get home from work, exhausted from being on your feet all day, the first thing you see is the couch. Considering how you feel, you're likely to sit on it. The couch—as your visual cue—pulled you toward it, consciously or not.

Now, what would happen if your swimming gear were on the front seat of your car as you drove home from work or if it were the first thing you saw as you entered your house? You just might feel more like going to the pool for a swim or workout.

Visual cues are instant reminders of what it is that you would like to be doing or what you would like to





## Get SMART

achieve. They can come in the form of a picture of a pool or a homemade sign that shows the time you would like to swim at your next meet.

Either way, visual cues work when they have motivational meaning for you and when they get your mind off of your day and, instead, on swimming—which you know will relax and re-energize you.

- **Contracts.** Here's a positive way for you to commit yourself toward remaining active. Having a contract that says you will get to the pool three times a week forces you to take ownership of something to which you are committed.

Getting other people involved to help you is a proven way to increase adherence levels—especially for someone just getting started, or starting over. When you involve others, they can support you and hold you accountable when you are lacking the motivation you need to fulfill your contract.

You should also probably make your contracts short-term so they can be changed if they become dull or lose their effectiveness. Contracting can also be beneficial when you use them to commit to strenuous workouts or early/late swimming hours that are difficult for you to attend.

- **Variety in Training.** Swimming lap after lap can be a tedious process and can result in swimming “garbage yards” to meet your workout quota. To offset this, variety in training is essential in keeping motivation high.

Focus on your kick in one workout, high elbows the next, core rotation the third. Continue each week so that you never focus solely on one aspect of swimming until it becomes boring. Focus on speed, endurance, different strokes and technique.

The key is to have something to look forward to when you go to the pool. Avoid “garbage yards” at all costs!

- **Goals.** For competitive and non-competitive swimmers alike, one of the most successful skills in creating motivation and increasing adherence levels is goal-setting. If you are a fitness swimmer, it is important to create positive goals that are more focused on mastery



Photo by Peter H. Bick

*Variety in training is essential in keeping motivation high. Focus on your kick in one workout, high elbows (above) the next, core rotation the third. Focus on speed, endurance, different strokes and technique. The key is to have something to look forward to when you go to the pool.*

within your swimming.

Focus more on technique and on personal improvement—based upon your current ability—and not as much on competitive achievements. However, for some of you, competitive goals are necessary. Just be careful that they are not your *main* focus for motivation. Competitive goals have merit, but you should use them sparingly and keep your focus on the mastery goals that will put you in a position to achieve your competitive goals.

Remember: you can win with a slower time, and you can come in second or third with a personal best time. The disquieting aspect is failing to recognize what you did well because your only focus was on time or place.

In order to make sure that your goals will be successful, check out the

SMART goal-setting principle in the box at the bottom of this page.

### Swim for a Lifetime

Motivation can be maintained when properly created. You need to find out what motivates you, then create your own personal plan. Cues, contracts, variety in training and goals can assist the process, but it is ultimately within your power to meet your training needs.

By recognizing the many benefits of swimming, you will be able to create the ability to adhere over time and maintain your ability to swim for a lifetime.

*Scott Boyle, M.A., is a sport psychology consultant located in northern California. You can contact Scott by e-mail at [scottboyle@earthlink.net](mailto:scottboyle@earthlink.net) or by phone at 415-225-0353.*

### The SMART Way of Setting Goals

- S**pecific goals are obvious and directed—in a positive way—toward what you want to achieve.
- M**easurable goals can be put into a number or percentage so that you can track your progress easily.
- A**djustable goals can be made easier or more difficult so that your motivation can stay constant.
- R**ealistic goals are challenging, but not impossible.
- T**ime-based goals state a timeline for accomplishing your goals (days, weeks or months).

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# Strokes on Canvas

*Without the help of Masters swimming, artist Brenda Bredvic insists she would never have been able to experience the improvements in her strokes—both in the water and on the canvas.*

*By Nan Kappeler*



Inside her Laguna Beach garage-turned-art-studio in Southern California, Brenda Bredvic is standing behind her easel, carefully dabbing the final touches of paint on a swimmer's hand as it enters strikingly blue water. Along the back and shoulders, lighter shades of blue emphasize the curve and gracefulness of the body.

"Water has always been an inspiration for my work," says the Midwest transplant, who has earned a reputation in the art world for her use of vibrant red and yellow tones in landscape and still life portraits. Her work is displayed in art galleries from Malibu to Laguna Beach, including the Los Angeles Museum of Art. Celebrities who own her paintings include Olivia Newton-John and Linda Hamilton.

Over the years, a combination of water, the open sky and natural light have been the focus of her vibrant oil paintings, which feature a combination of intense color and geometric shapes. Her collection ranges in subject from oceans and pools to fruit, vegetables and nudes.

### *Natural Transition*

"It felt like a natural transition to paint a swimmer," says Bredvic, a 1987 graduate of Pratt Institute in Brooklyn, N.Y. She got the idea after a friend suggested joining the Masters swim program last year at the University of California, Irvine. Originally from Ann Arbor, Mich., she took up swimming non-competitively eight years ago as rehabilitation from a ski injury and continued to do laps during recreational swim times at Laguna Beach High School.

"Actually, painting a swimmer was the last thing on my mind," admits Bredvic, a terrifically fit woman in her late 30s. "I

really just wanted to become a better swimmer, train in a long course pool and meet some new friends."

But during the early morning practice, she couldn't help but notice the cool blue and green tones of the pool water reflecting off the shoulders and arms of the swimmers as they glided through the water. Underwater, she was able to see the elongated shape the body formed during the butterfly and freestyle. Eager to capture the beauty of each stroke, she tried transferring downloaded images from the internet, then painting what she saw onto canvas, but was unhappy with the results.

After attending practice for several months, she realized that observing championship swimmers in action would be the key to creating a composition. At UCI, there seemed to be an ample supply of teammates willing to serve as models.

"Being competitive athletes, they all wanted me to paint them," she says with a chuckle. "My goal is to become a better swimmer. That's the artist in me."

At the next swim meet, she set up a camera on the deck to photograph the swimmers from the surface and underwater, to capture the full magnitude of the motion of the strokes. Back in her studio, she began to paint from a new perspective—that of a swimmer.

"My goal was to try to achieve uniqueness. I wanted to have details in a way only a swimmer would understand," says Bredvic. "Becoming a better swimmer also helped me get the feel for the paintings," pointing to a larger-than-life-sized canvas featuring a female freestyler—from the perspective of looking at her from the pool bottom. Details include the angle at which the fingers enter the water, an elongated arm to emphasize the downward motion, the turbulent water created by the propulsion of the flutter kick and the tension between the lane lines.

The portrait's model, UCI Masters teammate Valerie Nellen, was astounded with the result. "It was beautiful and flattering," recalls the former Princeton University swimmer, noting the vivid image on the canvas of herself in a red two-piece bathing suit.

### *A New Challenge*

Bredvic's work also caught the eye of fellow UCI teammate Scott Zornig. "I just loved how big she paints with extremely bold colors," recalls Zornig, who asked Bredvic to paint a portrait of an area he swam every week in Laguna Beach.

"No way," Bredvic says with a laugh. "I told him I don't do Main Beach (in Laguna) because it's already been too overexposed by too many other artists." But then she began to think, "How can I do it so only a swimmer would know?"

In the meantime, Zornig, an accomplished marathon ocean swimmer, urged her to try the ocean as an alternative to the pool. Soon, she was a weekend regular with Zornig and Masters swimmers Jim Fitzpatrick, Craig Taylor, Patrick Keenan, Dan Sullivan and Nellen.

While swimming along the scenic coastline, Bredvic realized how to paint the beach—from her own experience in the water. Using warm colors, such as a bright gold for the sand and intense blues and greens for the chilly Pacific Ocean, Bredvic says she painted what she felt while swimming.

"I think I know what you're looking for," Zornig recalls about the day Bredvic surprised him with a 48" x 60" portrait of Main Beach. "I thought it was incredible, with an intense gold-colored sun above the beach, looking from the water. It's a constant reminder of where I spend my weekends swimming."

The picture and the experience hooked Bredvic into participating in regular weekend ocean swims along the Southern California coast. She competed in her first 1-mile open water competition in Corona Del Mar, Calif., last Labor Day and a second at the American Mile swim at Salt Creek State Beach in Dana Point.

"I just love swimming," says Bredvic, who plans to compete in her first swim meet this winter. She insists that without the help of Masters swimming, she would never have been able to experience the improvements in her strokes—both in the water and on the canvas.

*Nan Kappeler, a free-lance writer and co-owner of ProActive Exercise and Rehabilitation, swam collegiately for the University of Maryland. Currently, she is a Masters swimmer at the University of California, Irvine.*





*Coach Eddie Reese is happy to be swimming Masters: "The racing is second to me. I really enjoy the people there—they're the happiest people around."*

Eddie Reese, 62, has been coaching for nearly 40 years. Now, he's returning to something he hasn't made much time for since he was a standout swimmer as a high school and college student in Florida. He's swimming competitively again.

For the last three decades, his primary form of exercise has been racquetball. And he was very good at it. But years of the sport can take its toll on a body, and that's one reason Reese returned to the pool.

Besides, it's something he enjoys—and something he plans to keep in his schedule.

"I just love to swim, but I didn't do it much," he said. "Now I'm finding a way to add it to my daily life."

For Reese, that means sneaking in practices whenever and wherever he can—early morning, evening or whenever he gets a spare moment.

Those spare moments can be hard to come by these days. Reese is busy not only coaching the Texas team, which includes world record setters Ian Crocker, Aaron Piersol and Brendan Hansen and a slew of top athletes, but getting ready for his latest assignment—coach of the 2004 U.S. men's Olympic team.

Reese has been coaching at Texas

# Back in the Pool

*Eddie Reese has been prowling the pool deck for years as a coach, but now he's getting a new perspective—by jumping into the pool to compete in the U.S. Masters Swimming program.*

**By Pamela LeBlanc**

since 1979. This isn't his first foray into U.S. Masters Swimming. He participated briefly about 15 years ago, and then again 10 years ago. But this time, he hopes to stick with it—not just to win, but to enjoy the camaraderie.

"Just to do it is really important to me," he said.

## So Far, So Good

Reese competed at the USMS Short Course National Championships last May, capturing fifth in the 200 free (2:18.15), ninth in the 100 back (1:13.32), eighth in the 200 back (2:36.25) and ninth in the 50 fly (30.29) among men 60-64. He vows to do even better next season.

There's a little bit of *déjà vu* in the whole experience, too. Reese is racing against some of the same people he raced back when he was in college—and with the same results.

"The real good guys are beating me now as much as they did then," he said.

Since his first-hand return to the sport, Reese has been spotted on deck at Texas, chatting with assistant coaches about who his stiffest competition is, who he can beat and who he can't. "He has a competitive streak," Crocker says.

Reese swims several times a week with the Longhorn Aquatics Masters group that trains at the University of Texas. He may join his brother, Randy, who heads up the swim program at Circle C in Austin, for some sessions next summer. Swimming with a group, he says, makes him go farther and faster.

"You know the old saying, 'Misery loves company'," he laughs. But there are differences between U.S. Masters Swimming and the NCAA-level swimming he coaches, he readily admits. "At my age, I just ignore (the coaches) when

they yell," he said. "And when you're in Masters, you can come late...."

For Reese, competitive swimming is as much about the social aspect of the sport as it is about performance. "I'm just in it because I like to go to Masters meets," he said. "The racing is second to me. I really enjoy the people there—they're the happiest people around."

## Good-natured Ribbing

Just don't tell Reese's team at the University of Texas. They already tease him relentlessly about his times, but deep in their hearts they support Reese's participation.

"I think it's great," says Crocker, who recently set a world record in the 100 meter butterfly. "It's nice to go on deck and see him working hard. And we can take jabs at his stroke instead of the other way around, for once."





*Although Reese has received his share of good-natured ribbing since returning to the pool, Texas swimmer Ian Crocker (above) admits, "It's nice to go on deck and see him working hard. And we can take jabs at his stroke instead of the other way around, for once."*



Like Crocker, Daniel DiToro, a Texas junior and NCAA, American and U.S. Open record holder in the 200 yard medley relay, can't resist a little ribbing. "It's a running joke with the team that Eddie likes to compare the difficulty of what he's doing with our practices. In return, we always ask if his times are in yards or meters," DiToro said.

("It's not funny," Reese chuckles. "They're going to pay for that....")

DiToro and Colin Gaffney, a Texas backstroke specialist from Phoenix, got to watch Reese compete this summer in Arizona. "It was great to see him in the water," DiToro said. "He takes it very seriously, and he works very hard to do well at it. If our whole team put in the same amount of dedication that Eddie does to Masters swimming, then the whole team would improve."

### A Prolific Career

Reese's career has been prolific. As a swimmer, he won two state championships in the 200 IM while attending Daytona Beach Mainland High School. He later attended the University of Florida, where he served as co-captain in 1963 and won five SEC titles in a single year—200 breast, 200-400 IM and 400 free and medley relays.

He started his coaching career at a New Mexico high school, then returned to Florida as an assistant coach from 1967 to 1973. He moved to Auburn University, where he coached until going to Texas in 1979.

Reese coached the U.S. men's Olympic team in 1992, and is a former National Coach of the Year. He has coached 18 Olympians who have won a collective 19 gold medals in four Olympics. He also has coached 31 NCAA champions, 25 national champion relay teams and 120 All-Americans.

And his Texas teams know all about winning. With Eddie at the helm, his Longhorns have won nine men's NCAA Championships, including, most recently, three in a row from 2000 to 2002.

*Reese, who will be coaching the 2004 U.S. men's Olympic team, has had a great deal of success at the University of Texas, including nine NCAA titles, the most recent of which came in 2002 (left).*

### A Better Coach

At Texas, he's known as the head of a team that works hard, but stays loose and has fun. He's calm and cool under pressure, and likes to let rip with a joke. In fact, Reese's wry sense of humor is legendary in the sport. Swimmers such as Crocker credit him with much of their success. Reese was inducted into the Texas Sports Hall of Fame in 2003.

Reese isn't quite as speedy in the water these days as the men he's coaching, so he says his first-hand expertise isn't that helpful—although it might help him sympathize with the long hours his team spends in the pool.

"I try not to draw too much from my experience because I know a lot of things work at slow speed but not for fast speeds," Reese said.

Kris Kubik, the assistant men's swimming coach at Texas, says that swimming again has, in some ways, made Reese a better coach.

"For example, he might experiment with his body alignment on a pushoff during his training session one day and discover something that he will share with the team at their next practice," Kubik said. "And sometimes he stays in the pool after his workout and watches the guys from underwater as they warm up for their practice, which gives him a whole new perspective on their technique that video simply can't capture."

Kubik says the Texas swimmers respect the fact that Reese now "feels the pain they go through each day in their workouts. They have been most supportive and occasionally even offer him advice on his technique," he said.

With a laugh, Reese says, "My strokes are pretty much better than theirs." But then he gets serious—sort of. Of Crocker, one of his star swimmers, he says, "I could not beat him if I swam one and ran one."

Reese is already making plans to compete again at the U.S. Masters Nationals next April with even better results. And while he focused on freestyle and backstroke events in 2003, he plans to add IM to the mix.

"I will go faster in 2004 than in 2003," he said. "You can write that down and I'll sign it."

*Pam LeBlanc is a staffwriter for the Austin American-Statesman.*



# The Waterman Collecteth

*For 15 years, Chuck Kroll has collected over 12,000 pieces of aquatic memorabilia—from the days of Ben Franklin to Doc Counsilman and most everything in between.*

**By Tito Morales**

For Chuck Kroll the hunt began, innocently enough, with the simple desire to put together a book on a subject close to his heart—the history of lifesaving.

A veteran swim coach and lifeguard, Kroll realized that if he was ever going to write such a tome, the pages would need to include some images. After all, he reasoned, readers always enjoy pictures. So he went looking for them.

The first piece he stumbled upon was a 1901 illustration by a newspaper cartoonist that depicts a young child's fanciful beach outing. Kroll may not have realized it at the time, but when he fell in love with the picture and eagerly snatched it up, an aquatics historian was born.

Today, 15 years and an astonishing 12,000 pieces later, Kroll is still falling in love with swimming-related memorabilia. And, at age 45, the Seattle resident has turned himself into one of the world's foremost authorities on what he has dubbed, "Antique Aquatic Americana."

## A Life Spent in Water

Kroll's passion with swimming began as a 9-year-old age grouper, and he hasn't strayed far from the water since. In fact, every step he's taken since his introduction to swimming seems to have been intimately associated with either the pool or ocean.

Recreationally, he's competed in virtually every type of aquatic sport and maintains that water polo is his biggest love.

Professionally, Kroll has not only spent years coaching and lifeguarding at venues big and small, he's also worked in an eclectic assortment of water-based vocations. At one time or another, for in-



*Chuck Kroll (left) at Tom Jager's induction into the International Swimming Hall of Fame.*

stance, he's been a hydrotherapist, managed three different pools, turned stints at Speedo and Jantzen, once founded a swim school in Alaska, served as a swim consultant on books and films, and is currently working at a maritime museum.

In between all this, he also somehow found time to establish the Northwest Chapter of the United States Lifesaving Association, and organized the Lake Washington Challenge Cup Lifeguard Competition—an event which recently celebrated its 18th anniversary.

To call him a devoted waterman would be to understate the depth of his passion.

"Yes," Kroll confesses with a chuckle, "I guess you could say I'm always looking for ways to expand my water horizons."

## Moving on to Memorabilia

Early on, as Kroll prowled from one used bookstore and antique shop to another, his focus quickly shifted from lifesaving to anything aquatic in nature.

"It just kept getting wider and wider," Kroll explains. "At first, I didn't really know what I was going after."

Now, it seems, there's little he won't go after.

Name a piece of water-related memorabilia, and it's a good bet Kroll has samples of it in his extensive collection.

Signage? His apartment is chocked full of it. One of his favorite pieces, which he dates to around the turn of the 20th Century, is from Seaside Beach, Calif. It's made of wood, carved in the shape of a sheriff's badge, and warns, "Ladies on the Beach Must Wear Bloomers."

Swimsuits? Kroll's got boxes of them, including numerous old wool suits and a rare silk racing suit which pre-dates 1920. Swim caps? He has them in all shapes and designs. Goggles? Some of his earliest pieces were produced during World War II.

"I guess I've always been a packrat," Kroll says, alluding to the fact that some of the earliest Speedo goggles in his collection were those that he, himself, wore in the late 1960s.

Kroll owns about 500 different samples of trading cards, some dating back to the 1880s. Some portray lifesaving maneuvers, others diving or stroke techniques, and still others the most famous swimmers in history, including English Channel hero Captain Matthew Webb and the great Olympian Johnny Weissmuller.

Posters, prints, postcards, awards—his collection has it all. He's currently negotiating to procure a trophy from the

1913 Pan Pacific Swimming Championships held at the historic Sutro Baths in San Francisco. The trophy was awarded to the winning Hawaiian team that was led by the incomparable Duke Kahanamoku.

But it doesn't stop there—not by a longshot. Kroll has also amassed what he's convinced is the world's largest collection of suntan material. A cornerstone of this quirky sub-genre is a large outdoor Little Miss Coppertone wall clock which once hung near the Santa Cruz boardwalk for nearly three decades.

What's, perhaps, most impressive about Kroll's holdings, though, is that it's all been built on a limited budget and with very little fanfare. He neither advertises what he possesses nor publicizes what he wants. He just patiently and quietly goes about his hunting.

## A Library Like No Other

And then there are all the books. Big books. Little books. Stunningly important books.

"Probably the most important part of the collection is the library," Kroll admits.

His walls are lined with 26 shelves that house roughly 1,100 volumes. The titles range from the obscure, "Practical Hydropathy" by John Smedley (1861), to the essential, "Deep Water" by Don Schollander (1971), to the positively jaw-dropping, "How to Swim" by Benjamin Franklin (1781).

Yes, *that* Ben Franklin. It turns out America's quintessential Renaissance

man was not only an avid swimmer as a youth, but he actually designed both hand and foot paddles to assist him in his pursuit.

There's something quite warming about conjuring up the image of one of America's favorite forefathers gliding across a river or water hole somewhere with pieces of wood strapped to his hands. And, too, there's something incredibly gratifying to discover that a waterman in Seattle has taken care to file Franklin's rare manifesto right alongside the likes of James "Doc" Counsilman's "The Science of Swimming."

## The Yearning to Give Back

Recently, Kroll's hunt has taken yet another turn.

"I really enjoy sharing it," Kroll says of his collection. "What's been great is to see how many people actually have an interest in all this."

While he's been able to display parts of his material at various locations over the years, Kroll is currently on the lookout for creating a permanent setting

where he will better be able to share his memorabilia with other swimming enthusiasts.

"At first, I want to do a gallery or museum," he explains, his voice growing animated and determined. "Then what I'd really like to do is build a waterpark—one that will include a training center and multiple pools. The museum will be the centerpiece. It'll be a place where people will want to make a pilgrimage."

It's easy to envision this waterman's dream. Especially since his passion runs so deep.

## Pointers from An Expert

For those interested in starting a swimming memorabilia collection, Chuck Kroll's suggestion is to "find an area that you like and watch that you're not overpaying for things."

E-Bay is a nice starting point, but oftentimes the best items still surface at antique shops, used book stores and garage sales.

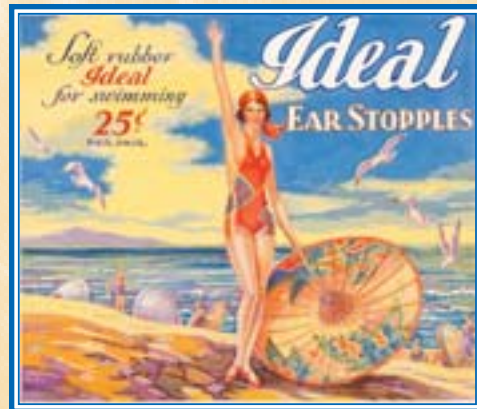
"Ninety-eight percent of my collection consists of things I've bought on the open market," Kroll says, explaining how he normally eschews auctions which tend to drive up prices.

After years of experience, Kroll is now able to spot something of interest from across a crowded shop. Newcomers, though, will need to spend much more time educating themselves on the market and learning how to sift through piles of material to locate the nuggets.

When it comes to collecting, patience is certainly a virtue. It took Kroll a good nine years to obtain the Little Miss Coppertone clock. And he's been on the lookout for a "By George" T-shirt from Santa Clara Swim Club's glory days for quite some time now.

*Tito Morales, a novelist and free-lance writer, is a Masters swimmer who competed collegiately for the University of California at Berkeley.*

**Photos, from left to right: "The Art of Swimming in the Eton Style" (1875); 1926 Spalding swimsuit catalog; Jantzen Diving Girl cloth sew-on (1920s); Ideal Ear Stopples (late 1920s).**





# Upcoming Meets and Events

## INTERNATIONAL

**June 2-13**  
**10th FINA World Masters Championships (LCM)**  
(3K Open Water swim on June 10)  
Riccione, Italy  
(39)0636200469  
[info@masters2004](mailto:info@masters2004)

## NATIONAL

**Jan. 1-31**  
**2004 USMS 1-Hour Postal Championship (PST-LD)**  
Nancy Ridout (415) 892-0771  
[nancyridout@mindspring.com](mailto:nancyridout@mindspring.com)

**April 15-18**  
**2004 YMCA Masters Short Course Championships (SCY)**  
Fort Lauderdale, FL  
[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)

**April 22-25**  
**2004 USMS Short Course Championships (SCY)**  
Indianapolis, IN  
Mel Goldstein (317) 253-8289  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

## REGIONAL MEETS

### BREADBASKET

**Jan. 31**  
**SCY Boulder Pentathlon**  
Boulder, CO  
Karen Zentgraf (303) 443-2844  
[zentgraf2@comcast.net](mailto:zentgraf2@comcast.net)

**Feb. 1**  
**SCY Tropical Splash**  
Alexandria, VA  
Ray Novitske (703) 960-8199  
[rnovitske@usms.org](mailto:rnovitske@usms.org)

**March 22**  
**Southdale YMCA SCY Meet**  
Edina, MN  
Sarah Hromada (612) 866-1990 (d)  
[rahsports@mindspring.com](mailto:rahsports@mindspring.com)

## USMS NATIONAL OFFICE and ZONE REPS

### National Office Administrator

Tracy Grilli, P.O. Box 185  
Londonderry, NH 03053-0185  
603-537-0203 Fax: 603-537-0204  
E-mail: [usms@usms.org](mailto:usms@usms.org)

For additional information about Masters swimming programs in your area, contact:

### ZONE COMMITTEE

Zone Chair  
Lynn Hazlewood 703-435-2180  
[lynhzlwd@usms.org](mailto:lynhzlwd@usms.org)

Breadbasket—Marcia Anziano  
303-355-5330  
[Breadbasket@usms.org](mailto:Breadbasket@usms.org)

### COLONIES

**Feb. 29**  
**Bill Crawford Memorial SCY Winter Classic**  
Villanova University  
Villanova, PA  
Dan Castellano (484) 444-0206  
[dcastell@bee.net](mailto:dcastell@bee.net)

**March 6-7**  
**Maryland Masters SCY Winter Meet**  
UMBC  
Catonsville, MD  
Barbara Protzman (410) 788-2964 (h)  
[swimbarb@hotmail.com](mailto:swimbarb@hotmail.com)

### DIXIE

**Jan. 24-25**  
**Charlotte SCY Sunbelt Championships**  
Charlotte, NC  
Jerry Clark  
[jerryclark@bellsouth.net](mailto:jerryclark@bellsouth.net)

**Feb. 14-15**  
**CAT Masters SCY Valentine Meet**  
Clearwater, FL  
Joe Biondi (727) 725-9978  
[coachjoeb@aol.com](mailto:coachjoeb@aol.com)

**Feb. 14-15**  
**Auburn Masters SCY Invitational**  
Auburn University, AL  
Conner Bailey  
[cbailey@ag.auburn.edu](mailto:cbailey@ag.auburn.edu)

**Feb. 21-22**  
**SCY Masters Challenge**  
Fort Lauderdale, FL  
Stu Marvin  
[StuM@ci.fort-lauderdale.fl.us](mailto:StuM@ci.fort-lauderdale.fl.us)

### GREAT LAKES

**Jan. 31**  
**WKGG Meet (SCY)**  
Bowling Green, KY  
Mark Rogers (270) 782-7330  
[rocketrog@aol.com](mailto:rocketrog@aol.com)

Colonies—Debbie Morrin-Nordlund  
301-474-8382 [Colonies@usms.org](mailto:Colonies@usms.org)

Dixie—Rob Copeland  
678-817-1602 [Dixie@usms.org](mailto:Dixie@usms.org)

Great Lakes—Mike Lemke  
502-452-9180  
[GreatLakes@usms.org](mailto:GreatLakes@usms.org)

Northwest—Doug Garcia  
509-352-1621  
[dougarcia@usms.org](mailto:dougarcia@usms.org)

Oceana—Joan Alexander  
925-370-2046 [Oceana@usms.org](mailto:Oceana@usms.org)

South Central—Marcia Marcantonio  
830-612-3100 [aquahaus@netzero.net](mailto:aquahaus@netzero.net)

Southwest—Lucy Johnson  
562-705-1057  
[SouthWest@usms.org](mailto:SouthWest@usms.org)



## WINTER BLITZ

January 25, 2004  
East Meadow, New York (SCY)  
Lisa K. Baumann: (516) 294-7946  
[aquafitinc@aol.com](mailto:aquafitinc@aol.com)

Check out one of the finest swimming facilities in the United States at the Nassau County Aquatic Center in East Meadow, N.Y. The Aquafit Masters Swim Club is pleased to invite you to the Winter Blitz short course yards swim meet on Jan. 25, 2004. The Nassau County Aquatic Center, originally constructed to host the 1998 Goodwill Games, has hosted numerous national and collegiate events, including the 2002 FINA World Cup. So, if you're looking for fast water and fun, sign up for the Winter Blitz!

**Feb. 14**  
**Miami Mardi Gras Masters Meet**  
Oxford, OH (SCY)  
Josh Tooman (513) 529-6521  
[toomanij@muohio.edu](mailto:toomanij@muohio.edu)

**Feb. 15**  
**Lakewood SCY Meet**  
Lakewood, OH  
Pieter Cath (440) 248-8270  
[cath.p@worldnet.att.net](mailto:cath.p@worldnet.att.net)

**March 6-7**  
**Wildcat SCY Meet**  
Lexington, KY  
Meg Smath  
[megsmath@bluegrass.net](mailto:megsmath@bluegrass.net)

**NORTHWEST**  
**Jan. 10**  
**Emerald Aquatics SCY Meet**  
Eugene, OR  
Ginny Hoke (541) 345-8788  
[virginiawildberry@yahoo.com](mailto:virginiawildberry@yahoo.com)

**Feb. 7**  
**SCY Pentathlon**  
Beaverton, OR  
Jen Lackey  
[jennifer.lackey@verizon.com](mailto:jennifer.lackey@verizon.com)

**March 7**  
**Mt. Hood CC SCY Meet**  
Gresham, OR  
Phillip King (503) 491-7224  
[kingp@mhcc.cc.or.us](mailto:kingp@mhcc.cc.or.us)

**March 27-28**  
**Inland NW Championships (SCY)**  
Pullman, WA  
Doug Garcia (509) 332-1621 (h)  
[dougarcia@usms.org](mailto:dougarcia@usms.org)

### OCEANA

**Jan. 15**  
**The Olympic Club 1650**  
San Francisco, CA  
Scott Williams (415) 775-3088 (x1241)  
[swilliams@olyclub.com](mailto:swilliams@olyclub.com)

**Feb. 1**  
**Fog City SCY Quadrathlon**  
San Francisco, CA  
Diane Davis (415) 731-2522  
[ddavis@siprep.org](mailto:ddavis@siprep.org)

**Feb. 8**  
**SCY Valentine Affair**  
San Francisco, CA  
Bryan Andrews (415) 647-3537  
[andrews\\_bryan@yahoo.com](mailto:andrews_bryan@yahoo.com)

**Feb. 22**  
**Pacifica SCY Indoor Relays**  
Pacifica, CA  
Tom DiCapua (650) 522-7065 (d)  
[tdicapua@ix.netcom](mailto:tdicapua@ix.netcom)

**SOUTH CENTRAL**  
**March 27**  
**Oklahoma SCM Meet**  
Rose State College  
Midwest City, OK  
Anita Walker  
[aw@math.ecok.edu](mailto:aw@math.ecok.edu)

**March 27-28**  
**South Central Zone Short Course Championship**  
Don Cook Natatorium  
Sugarland (near Houston), TX  
Kris Wingenroth (713) 661-4790

# Long Distance.....



## LONG DISTANCE POSTAL EVENTS

### Turn, Turn, Turn

Do you remember the classic Byrds song, "Turn, Turn, Turn"? If so, you will have several opportunities this year to hum that tune in the swimming pool.

The USMS Long Distance Committee is pleased to present the 2004 USMS Long Distance Postal Championship series. This annual series of events includes five postal swims: the One-Hour, 5K, 10K, 3,000-Yard and 6,000-Yard swims. That's a lot of flip turns!

Postal events are easily accessible to all swimmers. Just find a pool close to

home, get someone to count for you, do the swim and send in the results.

All results are tabulated, and individual winners are declared for all age groups. Championships are also declared for relays and club scoring.

Last year, the USMS Long Distance Committee offered a new challenge: swimmers who participate in all five postal championships in the same calendar year will receive a special award.

### Jan. 1-31, 2004 One-Hour Swim

Many things have been said about the annual USMS One-Hour Postal Swim Championship, but one thing's for sure: the One-Hour Swim is one of USMS's showcase events.

The objective is to swim as far as you can in one hour. It's an excellent challenge for all Masters swimmers because it offers an annual test of endurance at the beginning of each new year. It's also a great reason to renew your USMS registration!

There are many interesting facts about the One-Hour Swim:

*The all-time fastest Masters women's 10K is 2:14:08.75 by Suzanne Heim in 1996.*



Photo by Sasha Mitchman

GET YOUR FEET WET AT [WWW.SWIMINFO.COM](http://WWW.SWIMINFO.COM)

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The LANE 4 Revolution swim goggle utilizes silicone tube technology, providing a one-piece tubular strap that extends a complete loop around the goggle lens and nose bridge to form to the exact contour of every swimmer's face, creating a custom no leak fit.

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[www.lane4usa.com](http://www.lane4usa.com)



# Long Distance.....

- The D.C. Masters originally created the event in 1977, and it became a USMS national championship in 1978.

- The all-time high total for the One-Hour Swim is held by 1988 Olympian Dan Veatch, who amassed a mind-boggling 6,115 yards at the University of San Francisco in 1994. Veatch is also the only person in the history of the One-Hour Swim to swim farther than 6,000 yards.

- The all-time high women's total is 5,625 by Lisa Hazen in 1995.

- The oldest swimmer ever to participate in the event was 95-year-old Gus Langner, who swam 2,175 yards in 1999.

- The all-time high yardage total for clubs is 1,812,540 (that's 1.8 million) yards by New England Masters in 2003.

- New England is the quadruple defending champion in the large club division. Will anyone beat them in 2004?

This year marks the 27th year the One-Hour Swim has been contested as a USMS national championship event. The Tamalpais Aquatic Masters (TAM) will host this year's event, which is cleverly billed as "Happy Hour."

Information about the event appeared in the November/December 2003 issue of *SWIM Magazine*, and it is also available online at [www.usms.org](http://www.usms.org).

## May 15-Sept. 30, 2004 5K and 10K Postal Championships

The USMS 5K and 10K Postal Championships are the only long distance championships held exclusively in a long course 50-meter pool. Both swims provide great long distance swimming opportunities during the summer, also a popular time for long distance open water events.

The Arizona Masters first hosted the 10K Postal as a USMS national championship event in 1984. The 5K distance was added in 1995, when Pacific



Photo by Gerry Vuchetich

*The oldest swimmer ever to participate in the One-Hour Swim was 95-year-old Gus Langner, who swam 2,175 yards in 1999.*

Northwest Aquatics hosted the event.

The all-time fastest swimmer in the 5K is Jeff Erwin, 39, of the Sawtooth Masters in Boise, Idaho. In 2003, Erwin swam the 5K in 58:11.13. The fastest women's time is 1:02:53.42, set last year by 41-year-old Karlyn Pipes-Neilsen of San Diego.

In the 10K, the all-time fastest swimmer is Mike Shaffer, 38, of Ventura County Masters, Calif. Last year, Shaffer swam the 10K in a blistering 2:00:39.67. The all-time fastest women's 10K is 2:14:08.75 by Suzanne Heim in 1996.

St. Louis Masters (SLAM) will host the event in 2004. Look for additional details online at [www.usms.org](http://www.usms.org).

## Sept. 1-Oct 31, 2004 3,000-Yard and 6,000-Yard Postal Championships

The USMS 3,000-Yard and 6,000-Yard Postal Championships offer an excellent opportunity to transition from the long course and open water season to the short course season. These two events are perfect for estab-

lishing a training base, after summer vacation, during the back-to-school season.

The 3,000/6,000 has an interesting history.

The 6,000-yard Postal was first hosted by the Richardson Masters (Calif.) in 1992. In 1995, the 6,000 was replaced by the 3,000 Postal to increase participation. Gulf LMSC hosted the event that year. Two years later, both distances were offered when Pacific Northwest Aquatics hosted the championship.

The all-time fastest time in the 3,000-yard swim is 30:16.43 by Mike Shaffer in 2002. The fastest overall women's 3,000-yard swim is 32:26.99 by Olympian Amanda Beard in 2001.

The all-time fastest 6,000-yard swim is 1:02:06.74 by Mike Shaffer in 2003, and the fastest overall women's 6,000-yard swim is 1:08:48.67 by Karlyn Pipes-Neilsen in 2002.

Central Oregon Masters Aquatics (COMA) will host the event in 2004. Look for additional details online at [www.usms.org](http://www.usms.org).

# INDY SPEEDWAY

*Come to Indianapolis in April for the 2004 USMS Short Course Nationals.*

Are you looking for an outstanding championship swimming experience? Look no farther than the 2004 United States Masters Swimming Short Course National Championships, to be held April 22-25 at the IUPUI Natatorium in Indianapolis.

The 2004 Short Course Nationals will have all the ingredients of a great event. Not only will the meet be held in one of the finest facilities in the United States, but it will also be managed by a talented, experienced group of volunteers, and held in the heart of a truly unique tourist destination.

## OUTSTANDING FACILITY

The natatorium is an indoor facility with spectator seating for 4,700 and a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot lanes and a water depth of nine to ten feet. The natatorium includes an eight-lane, 25-yard diving tank and a 25-yard instructional pool, available for continuous warm-up during the meet.

The I.U. Natatorium has been the site of several U.S. Olympic Trials since it opened in 1982. If you're still not convinced, consider the fact that over the years, almost 300 USMS national records have been established at this pool!

## EXPERIENCED VOLUNTEERS

Led by Meet Director Mel Goldstein, the 2004 USMS Short Course Nationals will be hosted by Indiana's highly active adult aquatic fitness program, the Indy SwimFit Masters. Having directed the 1998 and 2000 USMS Short Course Nationals and several Long Distance National Championship events, Goldstein is one of USMS's most experienced meet directors.



MEL GOLDSTEIN

## Are You Looking For A PERSONAL BEST?

**Then the Indiana University Natatorium is where you want to be, April 22-25, 2004.**



**11 World Records**



**89 American Records**



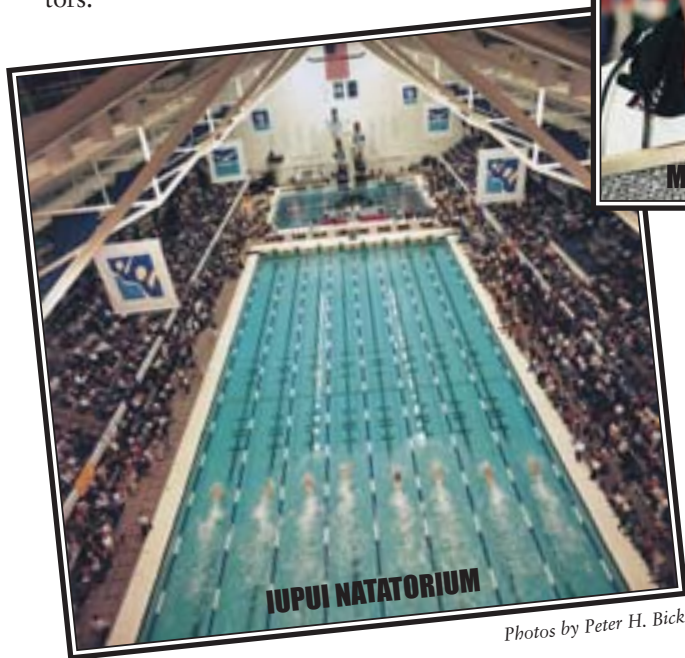
**3 Australia National Records**



**127 FINA World Masters Records**



**297 USMS National Records**



*Photos by Peter H. Bick.*

"This meet will be completely manned by volunteers in the YMCA Indy SwimFit program," says Goldstein. "I believe this is a unique situation. Those who are not swimming will be at registration, awards, hospitality, timing and all other facets of meet operation."

Needless to say, swimmers can expect a very well-run meet, run by people who are familiar with Masters swimming.

## INDIANAPOLIS

The city of Indianapolis is home to the Indianapolis Motor Speedway and the world famous St. Elmo Steak House.

The 2.5-mile Indianapolis Motor Speedway opened in 1909 as an automotive testing and competition facility. These days, it is the site of some of the highest speeds in motor sports, and is a legend among race fans and drivers.

Indianapolis has experienced a tremendous renaissance during the last decade. If you haven't been there lately, it's well worth the visit. Swimmers attending the competition may choose from a selection of amenities in the heart of the city, walking distance from dozens of excellent restaurants and great shopping. Other attractions include the NCAA Hall of Fame, where the Indy SwimFit Masters plan to score with a slam-dunk social event.

For more information about the city of Indianapolis, go to [www.indianapolis.com](http://www.indianapolis.com) or [www.indytourist.com](http://www.indytourist.com).





# 2004 United States Masters Swimming National Short Course Championships



**Indiana University Natatorium**  
**Indianapolis, Indiana April 22-25, 2004**

## Meet Information

*Please read the following information carefully and refer to the checklist on the entry form to avoid misunderstandings or problems regarding the conduct of the meet. All times listed are Eastern Standard Time.*

### Location

Indiana University Natatorium, 901 West New York Street, Indianapolis, Indiana 46202. On the campus of IUPUI.

### Facilities

The IU Natatorium is an indoor facility with spectator seating for 4700 and a 50 meter championship pool with two 25 yard courses, each with eight nine-foot lanes and a water depth of nine to ten feet. The IU Natatorium includes an eight lane, 25 yard diving tank and a 50 meter instructional pool, available for continuous warm-up during the meet.

### Website

Meet information, entry forms, on-line registration and current hotel and car rental information are available at [www.usms.org](http://www.usms.org).

### Hotels

When making reservations, request "US Masters Championship" room block for discounted rate.

**University Place \$129 (S/D) (2 fl Blocks)**  
800-627-2700

**Courtyard by Marriott Downtown \$129 (S/D) (.4 of Mile)** 800-321-2211

**Courtyard by Marriott Capitol \$119 (S/D) (.4 of Mile)** 800-321-2211

IMPORTANT: Rooms at the above hotels have been blocked for the 2004 USMS SC Championships until January 31, 2004, to get the discounted rate. Make your reservations early!

### Meet Shuttle Service & Parking

There will be NO hotel shuttle service to the hotels listed, as all hotels are within easy walking distance to the IU Natatorium. Parking is available in the Vermont Street Garage. A four day parking pass (\$20) will be available for purchase at the meet registration area. R/V trailer parking is not permitted.

### Travel

Indianapolis is serviced by all of the major airlines at the Indianapolis International Airport.

### Ground Transportation

Transportation from the airport to the downtown hotels (12 minutes) is available by taxi or hotel shuttles.

### Temperature and Climate

The IU Natatorium is an indoor facility and has a climate control environment. Temperatures in Indianapolis in the Spring will range from 55-65 degrees.

### Registration

All participants must register prior to competing to sign an emergency card, safety information statement, and liability release. Registered swimmers will receive a meet program, optional social tickets, and other meet information. Registration will be held at the Natatorium on the upper level on Wednesday, April 21, from noon to 7 pm and on Thursday, April 22 through Sunday, April 25 from 6:30 am until the end of each day's last event. Check-in for all events and relays will be available in this area.

### Eligibility

The Championships are open to any registered Masters swimmer at least 19 years of age as of April 25, 2004. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, you shall be entered as "unattached". Foreign entries must include a copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.

### Age Groups

Age for the meet is determined as of 4/25/04. Individual Events: 19-24, 25-29, 30-34, 35-39, ...100-104. Relay Events: 19+, 25+, 35+, 45+, etc. (in 10-year increments as high as necessary to be determined by the age of the youngest relay member).

### Final Results

Complete final results may be ordered in advance or at the Awards Table during the meet. Cost will be \$15.00 per copy. Split results will be available at computer terminals during the meet. The USMS website will post results.

### Seeding

**All events will be deck seeded unless meet management determines that the meet can be completed in a timely manner by pre-seeded individual events of 200 yards or less.**

Women's heats will precede men's heats for each event except for the 1000 and 1650 Free. Women and men will be seeded together for the 1000 and 1650 freestyles, slow to fast regardless of age, by time only. In all other events, all women's heats will be completed before the men's heats start. The 400 IM will be seeded slowest to fastest by entry time for each sex regardless of age. All other events will be seeded by age group with the oldest age groups first, slowest to fastest within each age group.

### Check-in Deadline for Deck Seeded Events

**For all deck seeded events, check-in is required for each event and may be done in person in the registration area or via the internet at [www.usms.org](http://www.usms.org).** Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the dead-

lines. Failure to check-in will result in the swimmer being scratched from the event. Heat sheets will be available each morning for Friday, Saturday, and Sunday's events. If meet is pre-seeded, heat sheets will be in the meet program and deck seeded distance events will be posted.

### Check-in Times

**For all deck seeded events on Friday, Saturday, and Sunday, you must check-in the day before between 6:30 am and 4 pm for the events you plan to swim the next day.** For Thursday's events, you must check in by 7:00 am that day for the women's and men's 1000 free and approximately one hour prior to the estimated time the other events will start that day. You may also check in for Thursday's events on Wednesday between 12 pm and 7 pm in person or via the Internet.

### Warm-up Times

The competition pool will be open for warm-up on Wednesday, April 21 from noon until 7 pm. On competition days, the competition pool will be open for warm-up from 6:30 am until 7:50 am and the warm-up pools will be available from 6:30 am until conclusion of the final event. The competition pool will be open for warm-up for 30 minutes following the last event each day.

### General Meeting

All swimmers, coaches, and officials should be represented at the general meeting at the Natatorium on Wednesday, April 21 at 6 pm. Matters pertinent to the operation and conduct of the meet will be discussed.

### Time Verifications (formerly OVCs)

Swimmers needing verification of time(s) or wish their times to be entered into the USA Swimming Database (for entry into USA-S national meets) should complete a form at the meet and prior to the swim. Contact the Administration Referee: Bob Brown at 503-806-0783 or [rhlbrown@mobile.att.net](mailto:rhlbrown@mobile.att.net)

### Social

YMCA Indy SwimFit is planning a meet social at the NCCA Hall of Fame, a great experience for all who attend. The social will include entrance into the Hall of Fame dinner. The social will be limited to the first 300. Tickets can be purchased in advance on this entry or at registration if available. Cost is \$25.

### Platinum/Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, entitled to V.I.P. hospitality on deck, and receive a commemorative gift. Cost of one sponsorship is \$50. Platinum sponsors will also receive tickets to the Fri/Sat/Sun finals of the 2004 FINA World Championships October 7-11. Cost is \$100. Order sponsorships on the meet entry form.

## WOMEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:27.84	:27.53	:28.18	:27.97	:28.27	:29.65	:31.47	:34.72	:37.23	:39.33	:42.90	:48.93	:56.54	1:25.68
100 Free	1:01.58	1:00.27	1:01.55	1:00.64	1:02.55	1:05.70	1:10.40	1:18.91	1:23.82	1:28.62	1:38.69	1:51.85	2:18.74	2:50.76
200 Free	2:13.97	2:13.44	2:14.57	2:11.91	2:16.33	2:25.95	2:34.81	2:56.96	3:10.67	3:20.80	3:35.93	4:12.66	5:06.13	8:11.99
500 Free	6:09.64	5:58.75	6:01.02	5:57.10	6:07.15	6:30.33	6:56.49	7:52.94	8:25.83	9:08.86	9:49.21	11:28.36	15:21.50	No Time
1000 Free	13:12.72	12:56.12	12:41.67	12:40.13	12:57.23	13:32.66	14:32.89	16:34.93	18:29.24	19:25.52	21:28.35	29:20.65	27:37.66	No Time
1650 Free	23:31.81	22:00.73	21:28.00	21:27.57	22:21.26	22:55.03	25:11.07	28:29.55	31:01.28	35:05.45	37:02.78	44:33.98	No Time	No Time
50 Back	:32.47	:32.37	:32.78	:32.52	:33.87	:35.80	:37.52	:42.80	:45.97	:48.68	:54.01	:58.31	1:08.15	1:51.29
100 Back	1:10.27	1:08.87	1:10.02	1:10.15	1:12.31	1:17.34	1:22.86	1:32.57	1:39.90	1:49.98	1:59.28	2:10.58	2:30.01	3:52.94
200 Back	2:34.78	2:32.05	2:35.01	2:32.10	2:39.10	2:49.02	3:00.94	3:21.81	3:40.67	4:01.57	4:19.19	5:02.31	5:35.50	6:16.72
50 Breast	:36.53	:36.36	:36.74	:37.13	:37.38	:39.57	:42.04	:45.88	:49.64	:52.64	:57.33	1:04.79	1:29.36	1:51.60
100 Breast	1:18.10	1:18.97	1:18.43	1:20.75	1:21.24	1:25.41	1:32.64	1:40.69	1:49.66	1:56.22	2:09.98	2:28.40	2:57.04	No Time
200 Breast	2:55.19	2:52.18	2:53.09	2:56.45	2:59.36	3:08.98	3:25.71	3:42.42	3:56.67	4:31.55	4:47.21	5:55.46	8:44.31	No Time
50 Fly	:30.57	:30.47	:30.72	:30.47	:31.19	:32.44	:35.17	:39.90	:43.73	:49.40	:54.98	1:09.36	1:59.58	No Time
100 Fly	1:07.81	1:08.05	1:07.90	1:08.21	1:10.38	1:14.45	1:25.25	1:40.80	1:48.49	2:12.77	2:19.07	3:45.52	No Time	No Time
200 Fly	2:37.36	2:39.90	2:38.03	2:40.31	2:49.96	2:55.71	3:27.33	3:55.25	4:20.54	5:03.73	5:07.23	7:58.99	No Time	No Time
100 IM	1:09.88	1:09.38	1:10.54	1:10.04	1:12.83	1:16.90	1:20.58	1:29.39	1:37.94	1:47.91	2:00.06	2:20.25	3:16.05	4:22.76
200 IM	2:32.15	2:31.23	2:32.70	2:32.35	2:39.42	2:47.02	3:07.01	3:19.76	3:40.71	4:15.96	4:26.80	6:17.60	6:54.62	No Time
400 IM	5:37.84	5:25.80	5:28.80	5:30.01	5:45.58	6:00.47	6:52.60	7:20.88	8:10.45	10:06.24	11:36.58	11:56.45	No Time	No Time

## MEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:24.41	:23.63	:23.97	:24.39	:24.46	:25.19	:26.12	:27.12	:28.99	:30.44	:32.65	:36.77	:40.92	:54.88
100 Free	:53.84	:52.66	:52.71	:53.24	:54.13	:55.36	:58.21	1:00.58	1:05.18	1:09.32	1:14.05	1:27.74	1:41.05	2:28.08
200 Free	2:00.57	1:57.56	1:58.36	1:57.96	2:00.92	2:03.66	2:09.02	2:15.89	2:28.95	2:36.17	2:51.18	3:17.93	3:59.60	4:52.46
500 Free	5:41.30	5:28.01	5:27.65	5:26.21	5:31.01	5:43.30	6:00.59	6:16.95	6:53.55	7:17.82	8:09.37	9:25.14	11:37.55	12:58.52
1000 Free	12:51.94	12:16.47	11:35.05	11:29.39	11:48.39	12:01.57	12:46.23	13:17.49	14:39.20	15:59.96	17:24.43	20:27.13	28:46.26	28:15.53
1650 Free	21:41.85	21:01.20	20:04.38	19:29.27	19:52.64	20:31.37	21:26.29	22:34.30	25:06.56	27:17.81	30:31.77	35:36.83	37:21.19	No Time
50 Back	:29.23	:28.38	:28.49	:28.84	:29.19	:30.31	:31.26	:33.42	:36.41	:38.28	:41.59	:48.15	:57.53	1:09.67
100 Back	1:02.57	1:00.64	1:00.87	1:02.38	1:02.99	1:05.01	1:08.02	1:13.99	1:20.57	1:24.98	1:34.91	1:46.87	2:12.77	2:59.10
200 Back	2:19.98	2:14.60	2:14.86	2:16.20	2:18.58	2:23.69	2:31.34	2:45.88	3:00.49	3:07.95	3:39.40	3:56.61	5:35.46	6:35.42
50 Breast	:31.80	:30.86	:31.35	:31.09	:31.76	:32.85	:34.09	:35.28	:38.13	:39.95	:43.67	:49.07	:56.05	1:48.74
100 Breast	1:10.64	1:07.67	1:08.39	1:08.30	1:09.81	1:12.77	1:15.26	1:17.82	1:25.15	1:31.78	1:39.04	1:53.52	2:19.01	3:33.63
200 Breast	2:39.03	2:32.17	2:33.80	2:31.98	2:35.50	2:43.52	2:48.36	2:55.96	3:10.98	3:28.86	3:46.34	4:31.93	5:13.37	No Time
50 Fly	:27.03	:26.00	:26.29	:26.66	:26.91	:27.72	:28.60	:29.96	:32.71	:35.75	:40.18	:48.47	1:07.06	No Time
100 Fly	:59.82	:58.36	:58.45	:58.63	1:00.24	1:01.40	1:04.43	1:09.32	1:18.36	1:30.44	1:42.33	2:18.37	2:36.30	No Time
200 Fly	2:25.48	2:16.15	2:16.62	2:15.55	2:20.80	2:25.41	2:39.29	2:53.58	3:17.31	3:57.88	4:23.64	6:47.90	No Time	No Time
100 IM	1:02.47	1:00.12	1:01.17	1:01.73	1:02.11	1:04.70	1:07.05	1:10.51	1:17.00	1:22.56	1:29.67	1:48.12	2:13.53	3:21.91
200 IM	2:19.28	2:13.04	2:13.95	2:15.06	2:17.72	2:23.97	2:28.50	2:39.46	2:55.23	3:06.46	3:28.48	4:08.09	5:06.91	No Time
400 IM	5:14.16	4:49.75	4:56.41	4:55.52	5:03.36	5:15.42	5:26.04	5:49.35	6:29.36	7:02.67	7:57.78	10:53.58	No Time	No Time

Please see the USMS web site ([www.usms.org](http://www.usms.org)) for the National Qualifying Times formulas

### Meet Management

**Meet Director:** Mel Goldstein  
5735 Carrollton Ave.  
Indianapolis, IN 46220  
317-253-8289 [goldstein@mindspring.com](mailto:goldstein@mindspring.com)  
**Meet Referee:** Lucy Duncan  
235 Poplar Grove Dr.  
Danville, IN 46122  
317-745-6817 [lucyuss@aol.com](mailto:lucyuss@aol.com)

### Entry Procedures

Use **official entry form** or a photocopy of the entire form. Read all instructions and fill out the form completely. **Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected. A legible copy of the swimmer's Masters registration card (foreign swimmers) must accompany the entry form.** Failure to include a Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer changing club affiliation prior to the meet must send either a USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

### On-line Entries

On-line entries are encouraged. This method provides immediate confirmation that the entry has been received. To enter on-line visit [www.usms.org](http://www.usms.org) after 2/1/04.

### National Qualifying Times

Competitors may enter a maximum of three (3) individual events without meeting the National Qualifying Times (NQTs) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQTs in the past two

years. The NQTs for all events are listed above. Designate the events in which the NQTs have been met with a "T" in the designated column. There are no NQTs for 90 and over age groups.

### Entry Times

All events must include an entry time. "NT" entries will be rejected.

### Number of Events

If you qualify, you may enter up to three individual events per day with a maximum of six events during the meet. A swimmer may enter either the 1000 or 1650 freestyle, but not both.

### Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run efficiently, every swimmer's sixth event will be dropped. If six events are entered, indicate with the number "6" your least desired event in the designated column. If no indication is given, the last event entered on the entry form will be dropped. No changes of the designated 6th event will be allowed after March 18. No refunds will be given for the dropped event.

### Fees

Fees are \$4 per individual event plus \$30 surcharge per swimmer. Fees must accompany the entry form and must be paid in US dollars by check or money order. **Do Not Send Cash.** The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in US dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by March 18, 2004. No refunds will be given for events not swum. The \$30 surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers

must submit an entry form with payment by the entry deadline. All fees should be payable to "United States Masters Swimming"

### Relay Events

Relays may be entered at any time until 4:00 pm the day before the relay is scheduled to be swum. After that time, only the swimmers on the relay may be changed. Such changes must not affect the age group of the relay. The relay entry fee is \$12 per relay. Forms are available for downloading at [www.usms.org](http://www.usms.org)

### Mail Entry and Fees

Postmarked by March 11, 2004 or received by March 18, 2004. Mail to:  
Short Course Nationals  
USMS National Office  
P.O.Box 185  
Londonderry, NH 03053-0185

### Questions?

Call Mel Goldstein at 317-253-8289 or email [goldstein@mindspring.com](mailto:goldstein@mindspring.com) **All telephone calls for information before 9 pm EST.**

### Entry Deadline

All U.S. entries must be postmarked with an official US postmark (no business meters) by March 11, 2004 OR received by March 18, 2004. Entries received after this date will be returned to sender. Online entries are encouraged and will be accepted until midnight EST on March 18, 2004. No telephone or email entries will be accepted. Mail entries early. Include a SASE (Self Addressed Stamped Envelope) with entry for proof of receipt. Do not send certified or overnight mail requiring signature. Allow sufficient time for mail delivery. Photocopy completed entry form and personal checks for your records and verification.



Mail entry and fees to:  
Short Course Nationals  
USMS National Office  
P.O. Box 185  
Londonderry, NH 03053-0185

## 2004 USMS National Short Course Championships Official Entry Form

Indiana University Natatorium  
Indianapolis, Indiana April 22-25, 2004

Sanctioned by the Indiana LMSC for USMS, Inc. - Sanction number 164 S 01



Name*	Last			First	Middle Initial	*Print name as it appears on USMS registration card.		
Address	Street			City	State	ZIP	Country	
E-Mail	Day Phone			A/C		Eve. Phone	A/C	
Emergency	Name			Phone No.	Age	Birthdate	Sex	
					(on 4/25/04)	(Month/Day/Year)	M/F	
Club Name or Unattached				USMS or International Reg. #				

### BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.

**Check in for all deck seeded events. Check in ends at 4 pm EST the day before event is swum for all Friday-Sunday events. For Thursday, check in will start THE DAY BEFORE and end 7 am Thursday for the 1000 and one hour before the start of the 1650. Entries must be U.S. postmarked by March 11, 2004 or received by March 18, 2004**

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:30-7:50am				THURSDAY, APRIL 22, 2004	Start 8:00 a.m.			
1				1000 FREESTYLE**	2			
3				1650 FREESTYLE**	4			
Warm-Up 6:30-7:50am				FRIDAY, APRIL 23, 2004	Start 8:00 a.m.			
5				100 BUTTERFLY	6			
7				50 BREASTSTROKE	8			
9				100 BACKSTROKE	10			
11				200 FREESTYLE	12			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
15	SEE RELAY FORM			200 FREE RELAY	16	SEE RELAY FORM		
17				400 INDIVIDUAL MEDLEY	18			
Warm-Up 6:30-7:50am				SATURDAY, APRIL 24, 2004	Start 8:00 a.m.			
19				100 INDIVIDUAL MEDLEY	20			
21				200 BUTTERFLY	22			
23				50 BACKSTROKE	24			
25				100 FREESTYLE	26			
27				200 BREASTSTROKE	28			
29	SEE RELAY FORM			200 MEDLEY RELAY	30	SEE RELAY FORM		
31				500 FREESTYLE (WOMEN)	****	Men's 500 Sunday	***	***
Warm-Up 6:30-7:50am				SUNDAY, APRIL 25, 2004	Start 8:00 a.m.			
33				200 BACKSTROKE	34			
35				50 FREESTYLE	36			
37				200 INDIVIDUAL MEDLEY	38			
39				50 BUTTERFLY	40			
41				100 BREASTSTROKE	42			
43/44	SEE RELAY FORM			200 MIXED FREE RELAY	43/44	SEE RELAY FORM		
****	Women's 500 Sat.	***	***	500 FREESTYLE (MEN)	46			

\*\*You may enter either the 1000 or 1650 Free, not both. Women and men will swim together in the 1000 and 1650 Free.

### Entry Checklist

- ☐ Entry form filled out completely?
- ☐ "T" and "6" events clearly marked? ("T" is for NQT's that have been met. Mark "6" only if entering 6 events.)
- ☐ Seed times in proper columns?
- ☐ No more than three events per day entered?
- ☐ Liability release signed and dated?
- ☐ Fees payable to "USMS" enclosed?
- ☐ International registration card attached?
- ☐ SASE enclosed? (Indicate purpose on envelope.)
- ☐ Entry postmarked by March 11, 2004, or received by March 18, 2004, deadline?

**QUESTIONS? Call 317-253-8289 before 9 pm EST**

**Internet Entries will be accepted starting 2/01/04. Please see [www.usms.org](http://www.usms.org) for additional information.**

**Liability Release:** "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature \_\_\_\_\_ Date \_\_\_\_\_

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Number of Individual Events	x \$4
Final Results	x \$15
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Check or money order payable to United States Masters Swimming	

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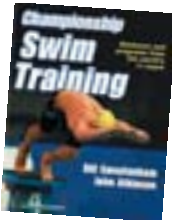
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# Splashes

## Caption Contest

### Dog Daze Captions

In the November/December 2003 issue of *SWIM Magazine*, we asked readers to send us captions for this photo. The response was overwhelming. Because we had so many captions, we selected ten of our favorites. Thank you to all who participated.



"Doggie delegates practicing the water start rules set at the convention for pool depths less than 3.5 feet."

—Karla Rees, *Mountain View Masters, Calif.*

"OK guys, just because the word 'Speedo' has both 'pee' and 'do' in it doesn't mean we can do 'em!'"

—Charles M. Hendrix, *DVM, Auburn Masters, Ala.*

"Lap Dogs" —Jack Caddell, *Sharks Masters, Decatur, Ala.*

"The paws that refreshes."

—Miek McCubbin, *San Mateo, Calif.*

"Despite their best efforts, the search and rescue dogs could not find hide nor hair of George W.'s Speedo."

—Evan Louis, *CRUZ Masters, Calif.*

Black dog to white dog: "Looks like there will be more competition at the Eel Lake Dog Open Water Swim this summer!" —Jani Sutherland, *Central Oregon Masters, Ore.*

"Dog paddle piddle puddle"

—Jae Howell, *Walnut Creek Masters, Calif.*

"Ruff Waters"

—Kristen Klinger, *Minuteman Masters, Mass.*

"Recreation Center Schedule Misprint: Lab Swim from noon to one." —Janey Bell, *Wheat Ridge Stingrays, Colo.*

"Just wait until noon—that's when they open it up for cats."

—Mike Dowd, *Multnomah Athletic Club, Ore.*



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