

SCM Zone Championship Recap



2009 SCM Zone Champs were held Saturday & Sunday, December 5-6 at the Flushing Meadows Corona Park Aquatic Complex in Queens, New York. Built last year, the FMCP Aquatic Center is a \$66.3 million 110,000 square foot multi-sport venue featuring state-of-the-art technology and accommodations, and is situated in the heart of a 1,255-acre park.

Almost 350 swimmers from upstate New York and metropolitan areas, New Jersey, Connecticut, Pennsylvania, Maine, Vermont, Ohio, Virginia, Florida and California participated in this Championship meet, totaling more than 1,450 individual entries and 75 relay teams over the two-day, three-session meet. Participants donned their full-body, high-tech suits for a last shot attempt at record-breaking swims and top ten USMS rankings.

The following individuals set potential new USMS national records at the meet:

- Jim Dragon M65 of GSM flew to a :29.18 time in the 50scm Fly
- Fall Willeboordse, Jane Kelsey, Sue Wager & Kristin Gary of REDT combined for a 1:49.41 time in the Women's 160-199 age group 200scm Freestyle Relay
- Jeremy Fain, Kristin Gary, Sue Wager & Amir Rozwadowski of REDT set a 3:51.74 time in the Mixed 120-159 age group 400scm Freestyle Relay

The hotly contested high point combined team awards were won by the following

- RED TIDE of NYC - Large Team (31+ swimmers) Category
- WESTCHESTER MASTERS - Medium Team (16-30 swimmers) Category
- COLONIALS 1776 - Small Team (1-15 swimmers) Category

Check out the [meet photo album](#).

CONGRATULATIONS to everyone!

-Lisa Baumann

Talbot County YMCA v. Sweden



TCY in Maryland accepted a challenge from the Skuru IK masters team in Sweden. We met this team at the 2006 FINA Worlds in Stanford, and we thought it would be fun to do a dual meet. Each swimmer did 50's of each stroke and the 100 IM in our respective pools, and we entered results into the computer and scored the events as it were a dual meet. TCY crushed Sweden in the first challenge. In the 2nd round, the Swedes challenged us to 100's of each stroke and the 200 IM. This time they won - and they smoked us! We're reluctant to go a 3rd round - I guess that would be 200's of each stroke and the 400 IM (?) Ugghh.

We're hoping some of our team will travel and see our counterparts at the 2010 Worlds. Their idea of round 3 is the open water swim in Goteborg at Worlds. We'll see.

-Kristina Henry

Masters Marketing Materials Available



U.S. Masters Swimming has made marketing in our local communities easier with the development of marketing materials. Materials available for free include stickers, caps, and brochures. Although Masters Swimming has offered these to coaches in the past, please note that all club organizations are free to request and use the marketing materials.

To spread the word that Masters Swimming is available and accessible in your community by using the marketing materials, send an email to [Kyle Deery](#) or call 941-556-6274. Clubs are asked to pay only for the shipping costs.



Strait Swim For Africa

On August 26th, one month shy of his 50th birthday, Westchester Masters swimmer Jon Lenchner swam across the Strait of Gibraltar from the southern tip of Spain to the northern tip of Morocco. Lenchner completed what turned out to be a 22 km (13.6 mile) swim, in rough conditions, in 4 hours 44 minutes, together with German swimmer Philipp Tiedt. Lenchner is the 18th American to have completed the crossing.

Last year Lenchner finished 33rd in the USMS National 25 km (15.5 mile) Open Water Championships in Noblesville, Indiana. The Noblesville swim was done in a lake under calm conditions. Gibraltar, on the other hand, is one of the windiest places in the world, and swimmers contend with large swells, strong currents and cold water temperatures. As part of this year's "Swim for Africa," as they have dubbed it, Lenchner, Tiedt and a third former work colleague, Moroccan Youssef Drissi, are raising money through the Dispatch Foundation for the impoverished children of Africa. For more about the swim and their work to raise money for impoverished African youth see swimforafrica.wordpress.com.

-from Metro LMSC [Chlorine Chronicles](#)

Aerobic Exercise Improves Nervous System Control



Offering yet more reason to get regular exercise, a new study shows that running and other aerobic activities improve nervous-system control of the heart in young men. The study, of 149 healthy young adults, found that 12 weeks of aerobic exercise improved the autonomic nervous system's regulation of the heart -- at least in men.

In general, the training lowered men's resting heart rate and improved their results on a measure of heart-rate variability -- heart's ability to speed up or slow down in response to demands. The benefit was not seen in women, however, the researchers report in the *American Journal of Public Health*.

Web Site Updated



Frequent visitors to the Colonies Zone web site may notice a change. Beginning in October, the entire site was redesigned with a new layout, graphics, and navigation. Ray Novitske assumes the reins of webmaster from Mark Hurley who kept the site up and running in the past.

Over the years, Mark has done an excellent job of maintaining and expanding the features in the site from its handful of pages to the zone resource it is today. Like the past webmaster, Ray welcomes comments, ideas for improvement and for additional content, and most of all, news and announcements for the Colonies Zone.

Zone Championships Awarded



During the Colonies Zone meeting at the September USMS convention, zone representatives awarded the Short Course Meters Zone Championship to Metropolitan LMSC. The two day meet will be held at the [Flushing Meadows Corona Park Pool](#) in New York, NY on December 5 & 6. Visit the [calendar](#) page links for more information.

Once again, the only bidder for the Short Course Yards Championship was Patriot Masters at George Mason University in Fairfax, VA. The meet is tentatively scheduled for April 23-25, 2010. There were no bids for the long course championship. Open water championships for 2010 are being solicited by a committee who will forward recommendations.

New Zone Vice-Chair



Welcome Lisa Bennett of Virginia LMSC who was elected as the new Vice-Chairperson of the Colonies Zone at the recent USMS Convention in Chicago. Lisa takes over from David Diehl who will be leaving the post to serve on the USMS Board of Directors.