



Metro LMSC Trains Outdoors in Florida

Dozens of metro-NY area swimmers took advantage of the inaugural 2010-2011 Florida training camps newly initiated by the Metropolitan LMSC. The week-long training camps (December & February) were conducted at the Fort Lauderdale Aquatic Complex and involved daily short course & long course pool training & technique skills, open water swims, group beach runs, and core strength & conditioning sessions. Four metro swim & multi-sport coaches (Lisa Baumann, Lisa Hiller, Conrad Johnson & Craig Keller) led the daily workouts in a fun, motivating atmosphere under sunny clear skies that were a welcome escape from winter.

Training camps are open to ALL swimmers regardless of residency, club affiliation, age or ability level. The Metro LMSC hopes even more participants can join us for next year's Florida training trips!

-Lisa Bauman

Colonies Zone SCY Championship Recap



Once again everyone had a great time at the Colonies Zone SCY Championships at George Mason University in Fairfax, Virginia. The 2011 meet held April 15-17 saw 530 swimmers entered, representing 67 teams. Clay Britt set a potential new USMS national record at the meet with a time of 54.68 in the men's 50-54 100 back. 42 swimmers and 10 relays swam faster than the previous Zone meet record.

The youngest competitors were 19 year olds Rachel Nelson and Jacqueline Schmitt. The oldest (all in their 80's) were Jill Coleman, Frank Manheim, William Klein and Calvin Barnes. Eight members of the Klein family of North Carolina made a family reunion of the meet complete with special relay t-shirts printed just for the meet. In all, swimmers from Virginia, Maryland, New York, New Jersey, Connecticut, Pennsylvania, Maine, Ohio, Georgia, Hawaii, North Carolina, Arizona, District of Columbia, Indiana, Delaware, Canada and Egypt participated in this three-day meet.

The combined high point trophies were won by the following teams:

- RESTON MASTERS - Large Team Division (25+ swimmers)
- BINGHAMTON UNIVERSITY MASTERS - Medium Team Division (10-24 swimmers)
- STONEWALL MASTERS - Small Team Division (1-9 swimmers)

The Patriot Masters want to thank all of their officials for providing another well-run meet. And special thanks go to the George Mason University Men's and Women's swimming & diving teams for cheerfully helping with timing, registration and awards. CONGRATULATIONS to everyone!

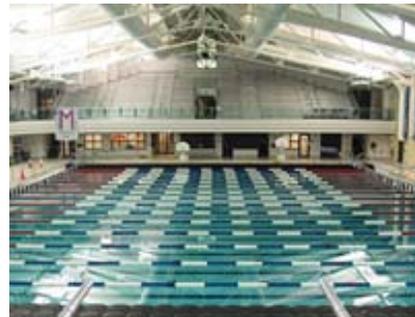
- Cheryl Ward, Meet Director

Colonies Zone LCM Championship

Almost 200 swimmers from Canada and the US competed over the June 24-26 weekend at the 2011 Colonies Zone Long Course Meters Championship in Middlebury, Vermont. The greatest US representation came from the New England states but swimmers came from as far away as Kansas and Puerto Rico.

The Canadians swept the records books this year. Lynn Marshall broke the World Record in the 800 Free with a time of 9:38.04 (Women's 50-54). She also broke two Canadian National Records, one in the 200 Free and the other in the 100 backstroke. Ian Smith, another Canadian, set a World Record in the 50 Free with a time of 28.35 (men's 70-74) and two more Canadian National records in the 100 Free and 50 Fly. Lastly, the Canadian team of Erda Dillinger (70), Liliane Cardinal (62), Sheila Naiman (81) and Mae Waldie (76) set new Canadian National Records in both the 400-meter free and 400-meter medley relays for the Women's 280-319 age group.

In addition, a combined sixteen New England records were broken over the three days. Galen Rinaldi from Connecticut Masters won the High Point award for women while Dan Rogacki of Pittsfield YMCA won the High Point award for men.



As has become tradition at this meet, the Middlebury Muffintops hosted a social event on Saturday evening. The event was sold out with over 120 swimmers and their guests in attendance. Cocktails started at 5pm and the laughs and great conversations continued through the evening. Fred Schlicher, world record holding Master's swimmer, was inducted into the New England LMSC Hall of Fame and gave an inspirational speech to all.

-Jessica Holmes



Has This Ever Happened To You? Just Wait, It Will

Several days ago, I went to my local pool during lap swim to get in a workout alone. I chose one of the medium speed lanes because it had only one swimmer. Unfortunately, another swimmer joined us and my 100s on an interval turned into an obstacle course. When I finished the first set of 100s, a fast lane was down to 2 swimmers - a father and teen-aged daughter.

I heard them discuss doing some 100s on an interval that was perfect for me. I ducked under the lane line and said I'd like to join them for the 100s. The father looked at me and did not see a swimmer. He saw an old woman (I'm 69). He suggested I move over a few lanes where there weren't too many swimmers. I have gotten accustomed to this reaction and told him

their interval was exactly what I wanted, and I wouldn't get in their way.

He wasn't happy, but he gave up and we started. Probably because I was irritated (and trying not to show it), I was faster than predicted and had lots of rest. The father said "Nice swim" after the first 100.

When I finished, I had only a cool-down left and noticed other lanes were clearing out. I thanked them and started to change lanes again. The father said, "Nice to swim with you. What's your name?" We introduced ourselves and talked.

The daughter swims for one of the local high schools, and her coach used to coach my Masters group and is a dear friend. I told her that I officiate at high school meets and had worked at her meet that week. It was all very friendly. When I changed lanes to do my cool-down, there was a huge difference in attitude - the father regarded me as a swimmer, not an old woman. I felt much better about that; I hope he learned something.

-Betsy Durrant, The Wet Gazette | August 2011

Zone Open Water Championship Takes Place In Calm Before the Storm

In the face of Hurricane Irene, 91 swimmers from 12 states made their way to the hamlet of Hague, NY on August 27, 2011 for the Lake George Open Water Swims, consisting of 2.5k, 5k and 10k distances. The 2.5k event doubled as the 2011 Colonies Zone Open Water Championship.



Facing 37 swimmers in the 2.5k event, Galen Rinaldi, of Cobalt, CT was first female with a time of 35:11. Ed Stoner of Gardiner, NY was first male in 36:45. Rounding out the top three women was Denise Veenstra (45:56) and Ashley Braniecki (46:20). For the men, Terry Laughlin placed second with a time of 42:44, followed by Kelvin Webster in 45:44.

In the 5k event, Galen Rinaldi showed her winning ways once again with a time of 1:13:29, with Brent Wasser of Hyde Park, NY winning the men's heat in 1:15:54.

Organizers were able to salvage the 10k event -- originally scheduled for Sunday -- by moving it to Saturday to avoid predicted unfavorable weather conditions. 19 of the 28 registered 10k swimmers were able to make it. The event was won by Rachel Seely of Brookline, MA in 2:38:07 and Gary Labine of Toronto in 2:47:29.

The three swims took place on a diamond-shaped 2.5k course, with loops serving for the longer distances. Weather conditions on Saturday proved perfect for an open water swim, though they deteriorated late Saturday night as the effects of hurricane Irene came through.

The Lake George Open Water Swims last took place in 2007, with a 41k serving as the main event. The only other time that event has been held was in 1927. Organizers are hoping to revive the 41k for 2012.

-Chris Bowcutt

Zone Dot Donnelly Awarded



As the Colonies Zone meeting at our national convention wrapped up, our zone's own Dot Donnelly Service Award was awarded to New Jersey LMSC's Linda Brown-Kuhn. Linda is by far New Jersey's longest standing board member, having served in a volunteer capacity for 24 consecutive years and counting. Linda has been the newsletter editor since December 1987 and has produced every issue since, for an approximate total of 280 issues!

Swim To Help Rebuild Vermont After The Floods

The UV Rays Masters Swim Team in Vermont will dedicate half the profits from their Rebuild Vermont Swim Meet to local and state relief efforts from the damages caused by Tropical Storm Irene. The annual meet is held at the Upper Valley Aquatic Center in White River Junction. In addition, the team will be collecting food and toiletries to distribute to several food banks in central Vermont that help the local citizenry.

Read more about the team's efforts on the first page of the meet entry.



Largest Coaching Certification Class Held

Kudos to Asphalt Green and Metropolitan LMSC for hosting a most successful USMS Coach Level 1 & 2 Certification Course in September. The turnout included 44 coaches from Metro, New Jersey, New

England, Connecticut, and Adirondack LMSCs making it the largest regional coaching certification course held to date.



2012 Rule Book Cover Selected

A design by Colonies Zone webmaster Ray Novitske was selected for the cover of the 2012 USMS Rule Book by the 250 delegates at the annual US Masters Swimming convention held in September. The Rule Book cover received top votes from the eight designs submitted for 2012. This is his second cover design chosen, after the first was used for 2006 rule book.