

# Colonies Zone News

Fall 1998

USMS Colonies Zone Newsletter—Convention Issue

Vol. 1 No. 3

## Zone & Nat'l Issues Provide Convention Topics

### Management Committee May Bring Resolution to House of Delegates

As convention draws closer, we are also getting closer to making some decisions on the future direction of United States Masters Swimming. A resolution will be debated on Wednesday at the 4:30 PM Board of Directors/Professional Management Committee meeting. The committee may decide to present it to the convention, with or without amendments, or defeat the proposal.

#### Review of Initial Work

This is the second in a series of articles describing the activities of the Ad Hoc Professional Management Committee. The committee is comprised of the USMS Board of Directors and members with special assignments. The purpose of the committee is to review the current USMS tasks and administrative structure and to make recommendations for change or non-change in the way we do business. The first article appeared in the summer 1998 *Colonies Zone News* and discussed the initial stages of the committee's work.

Step one was to survey other organizations concerning their management structure. The results of this survey showed that USMS is a unique organization in that it is largely run by volunteers. Most similar or-

see **MANAGEMENT** pg 4 col 1

### 3000/6000 Yard Postal Championship

9/1/98-10/31/98

Sponsored by  
Adirondack Masters

Entry Information  
Calendar of Events Pg 6

### Work Groups Form Basis for Discussion At Saturday Morning Convention Meeting

One of the things I have noticed over the years is that, during our Zone meetings, we seem to get "stuck" on a particular topic to the exclusion of others. This year, I would like to borrow the work group concept from the larger convention in order to make our discussions more productive and to take advantage of the extra hour we have to meet.

After I finish my administrative report, we will break into work groups for 30–45 minutes to discuss issues. Following this

period, the work groups will report to the meeting. I would like the groups to have specific recommendations for the whole group to discuss and vote on. In addition, they need to give thought to implementation of their ideas. This should include a time frame, financial considerations, and personnel assignments. It may be that we won't get to everything in this one meeting, but it will be a start so we can accomplish more throughout the year.

I have set up four specific work groups plus an optional group called "Miscellaneous." This last group will cover any topics not being considered by the named groups. One topic that you may want to discuss, is the Zone Coach/Mentor program we touched on briefly last convention. There seemed to be some interest in doing this. If you have anything you would like to promote as a zone activity, volunteer for this discussion. Please be prepared to go into the work group of your choice when the time comes. It would be helpful if you gave some thought ahead of time to what your opinions are. The following proposed agendas for the groups are only meant to stimulate discussion, not circumscribe it.

#### Zone Champs Work Group

Five or six years ago, the people at the zone meeting decided that we wanted to consistently have a SCY Zone Championship each year and make it an important meet. I think we have succeeded admirably. We now have a meet each year and it is well attended. It's time we started thinking about expanding our zone championship opportunities. After all, this is the way we can benefit more competitive swimmers in the zone. In your discussion, please consider the following:

1) Commitment to events—Whatever we

#### Zone Meeting Agenda

- 1) Introductions
- 2) Zone Rep's Report
  - a) Zone Finance Report
  - b) *Swim* Magazine event listings
  - c) Calendar of Events
  - d) Zone Archives
  - e) Verify LMSC election processes
  - f) Verify LMSC officers names & addresses
  - g) Verify Zone mailing list
  - h) Zone policies
- 3) Work Groups
  - a) Zone Championships
  - b) Publications
  - c) Awards & Recognitions
  - d) Finance
  - e) Miscellaneous (optional)
- 4) Work Groups Reports
  - a) Reports & recommendations
  - b) Discussion
  - c) Assignment of personnel
- 5) Zone Championships
  - a) Report on Last Year's Events
  - b) Bids for Championships
- 6) Coach Mentor Clinic/Nike Clinic reports
- 7) Business from the floor
- 8) Next Zone meeting
- 9) "Hot" convention topics

see **WORK GROUPS** pg 2 col 1

# Zone Champs, Awards, Publications, Finance

## WORK GROUPS from pg 1 col 3

- do about zone championships, we need to make a commitment to the events we set up as we did to the SCY championships. Just saying we'd like to have a championship won't get it done.
- 2) Allow for limited meets—With the exception of the SCY Championships, which I believe should continue to be a fully implemented 2–3 day meet, allow hosts to offer one-day championships.
  - 3) North-South concept—Consider having a northern zone championship and a southern zone championship.
  - 4) LCM Postal Championship—See Tracy Grilli's article on page 3 column 1. This is an idea we approved last year.
  - 5) Open Water Championships—We have many open water events in the zone. If we were to offer open water championships, we need to define how many will be offered and what distance specifications there will be, if any. You might want to consider offering a special participation award for anyone who swims in all the open water zone championships in one season.
  - 6) Postal Championships—Running a postal championship in the traditional sense could offer competition to zone swimmers without the necessity of renting a facility, travel, etc. It would also provide experience in running a postal event for hosts who wish to bid for a National Championship.
  - 7) Promote LMSC & Zone Competition—We could set up some kind of competition between LMSC's and with other zones (as we did in 1997 with Dixie Zone) in conjunction with our championships.
  - 8) Zone Championship Medals—Producing our own Zone Championship medals will give us economy of scale, reduce costs and logistics for meet hosts, and create a special award to go with the championships. We would need volunteers to design, purchase, and administer the medals program. In addition, seed money would have to be found for the initial production before meet hosts begin to pay us for what they use.
  - 9) Bidding process—How do we encourage more hosts to bid for champion-

ships? In addition, if we add more championships, we will have to make the bidding process less ad hoc.

## Awards and Recognitions Work Group

I think we could do a lot for the swimmers in the zone if we established some records and goals for them. There are a lot of swimmers who may not be able to achieve on the national level, but can do so on the zone level. This work group will be identifying those areas where we could maintain information and some sort of recognition for those who achieve. Please remember that this should include open water events, where appropriate, as well as pool meets. Possible areas are:

- 1) Zone records.
- 2) Zone championship records—I believe we already have these for SCY.
- 3) Zone top ten—current year as well as all time.
- 4) Zone all stars—qualifications for all stars would have to be set.
- 5) Swimmers of the year for each course based on achievement such as top ten, most first places in meets, etc.

In addition to recognizing competitive achievements, we should establish service awards for members who work on the administrative side for their LMSC or the Zone. The work group needs to identify the award categories and methods for nominating and approving the winners.

## Publications Work Group

Currently the only publication the zone has is the zone newsletter. Traditionally, this has been the province of the Zone Rep as a vehicle for communicating with the zone leadership. I think this is a good use for the newsletter and I am willing to continue publishing it. I would like to have regular correspondents from each LMSC. When you come to convention, please be prepared to identify your correspondent. Each LMSC may choose what information to put in the newsletter. The deadline for the December news is November 15.

The major job of this work group is to discuss the possibility of starting a zone web site. Some areas for discussion can be:

- 1) Webmaster—Identify who will be the webmaster and which members will

work on the web site with the webmaster.

- 2) Web Site—Identify possibilities for the location of the web site and how many MB's are needed.
- 3) Contents—Begin to build a list of items to be placed on the web site. Consider what will be unique to the zone and not a repetition of existing masters sites. Among possible items are:
  - a) Reports from the Zone Rep.
  - b) Copy of the zone newsletter and excerpts from LMSC newsletters.
  - c) Profiles of zone leaders.
  - d) Work groups progress reports.
  - e) Bulletin board.
  - f) Information on zone championships. This would include which are available, how to bid for one, list of the year's championships, entry forms or links to them, results or links to results, etc.
  - g) Links to other masters web sites.
  - h) Pages for zone records, top ten, awards, etc. These items will depend on the productivity of the Awards & Recognitions work group.

## Finance Work Group

The finance work group's job will depend on the spending requirements presented by the other work groups. Currently our finances are only used to provide funding for the Zone Rep at convention. Some time ago, we decided that each LMSC would contribute \$50 per year. This was considered fair because the Rep worked for the entire zone and smaller LMSC's would have difficulty funding an extra person.

As the other work groups report on their ideas, the finance group should be prepared to identify possible sources of funding. It would be helpful if some experienced fund raisers were in this work group so they can identify which methods, in their experience, are most productive. Some areas to explore are:

- 1) Sponsors to provide goods and services.
- 2) Fund-raising events.
- 3) Small fee per registered swimmer.
- 4) Fixed fee per LMSC as we do now.
- 5) Advertisements in publications.
- 6) Fee per swimmer entered in zone championships.

# Zone Rep Seeking Documents To Complete Zone Archives

I would like to create Zone Archives which contain all the documentation of Zone activities for as many years as we can find. Currently I have nothing other than a few things that I have collected over the past couple of years. I can use either hard copy or electronic versions.

Following are the items I'm looking for

now. If there are any other documents which would be of interest for the zone, let me know.

### Newsletters

Besides the copies of the three newsletters I produced, I have four that Jerianne Donnelly wrote—January 96, August 96, June 97, and September 97. I have nothing from Tom Lyndon's or Betsy Durrant's tenure. I don't know if any other Zone Reps wrote newsletters. If Tom, Betsy, or any other packrat out there has kept the past newsletters, I would like to have copies.

### Results of Zone Championships

I have the results from the November 97 SCM and the March 98 SCY Zone Championships. Hopefully, the event hosts have records of the meets they ran. If you were a meet host or know one, please ask them to provide a copy of past meet results.

### Zone Records

I have no information on SCY or SCM records for the Zone Championships. I know someone has the SCY records, can't remember who. Has anyone even kept records for SCM?

## Mailing List Additions And Corrections

Below is a list of address and phone number changes to the Zone mailing list.

### NE LMSC Changes

**Tom Lyndon**—new zip code is 02482  
**John Woods**—acting LMSC Chairman, Neil's Point Rd., Harpswell, ME 04079, 207-725-8006

### NJ LMSC Changes

**Tom Brunson**—new area code is 973  
**Cathy & Rob Copeland**—new area code is 732  
**Paul Cox**—new area code is 732  
**Judy Ramirez**—new area code is 732

### PV LMSC Changes

**C.J. Hall**—new PV Treasurer, 1610 Forbes St., Rockville, MD 20851, micandcj@erols.com  
**Rob Whitters** new address is 8512 W. 117th St., Overland Park, KS 66210, 913-696-0521 (h), 913-696-0526 (fax—call first)

## Colonies Zone LCM Postal Champs Status Report

by Tracy Grilli

The idea of a Zone Long Course Postal Championship meet "was hatched" at last year's Colonies Zone meeting at the USAS Convention in Burlingame, CA. For a number of reasons, there were no "takers" to host this event and I came up with the idea of making it a postal meet.

The basic idea for this meet was that the LMSCs would run their local meets. Upon completion of all the LMSC meets, results would be submitted to a postal meet director, then tabulated. Results would rank all swimmers participating by age group and event.

I started with a basic outline of how I thought it could work then sent this to the representatives from each LMSC who expressed interest in working on this project. As correspondence continued back and forth, we ended up with more questions and concerns and not enough time to pull this off.

What I realized through this process is that this is a huge undertaking and it needs to have the support of all the LMSCs. If we have the support, we then need representation from each LMSC in forming a meet committee. Once formed, we will work together in figuring out how to make this work and be successful. At this time, we are still in the brainstorming stage.

Again, this is a huge undertaking. The question is, does our membership want this? We will discuss this further at convention—See you there!

**Advertise Your Meet Here**

**See Article on  
Page 9 Column 2  
For Details**

### Zone Financial Report

	Budget '98	Actual '98
<b>Income</b>		
\$50 Per LMSC*	500.00	350.00
Convention Registration**	100.00	-
<b>Total Income</b>	<b>600.00</b>	<b>350.00</b>
<b>Expenses</b>		
Zone Rep Convention Registration	100.00	100.00
Zone Rep Plane Tickets	200.00	196.18
Zone Rep Hotel	200.00	-
<b>Total Expenses</b>	<b>500.00</b>	<b>296.18</b>
<b>Net Income (Loss)</b>	<b>100.00</b>	<b>53.82</b>
<b>Beginning Cash</b>	<b>151.00</b>	<b>151.00</b>
<b>Ending Cash</b>	<b>251.00</b>	<b>204.82</b>

\* \$50 received from CT, MD, NE, NJ, NI, PV, VM  
 \*\* Reimbursed by USMS

# Management Committee Moves to Resolution

## MANAGEMENT from pg 1 col 1

ganizations, even those with smaller memberships, are run by a professional staff. The second step in the process was to survey the committee members concerning their opinions about tasks USMS is doing now. They were to evaluate each task and specify whether it should be done by paid professional staff and when that transition should take place.

### Survey Results

Results of the survey are presented on page 5 of this newsletter. Briefly, thirty-three of thirty-eight respondents believed we should work toward expanding paid professional positions. The other five said we should never expand. The majority feel that we should do this within the next six years although, if you look at the individual scores for the various tasks, many fall into the 6-10 year implementation category. It is interesting to note that according to the survey, the order of tasks to be converted proceed from administrative jobs, to detail work, to more substantive tasks, and finally

to tasks involving LMSC and club activities.

### Convention Resolution

The resolution which will be discussed at convention is on this page. It proposes that we expand the national office to include an Executive Director plus employees necessary to complete the tasks assigned. The office will be expanded by January 1, 2000 with an annual budget not to exceed \$200,000. The Executive Director will be in charge of the operations of the national office and will serve the USMS Executive Committee.

Initial tasks assigned to the office will be those of the National Executive Secretary, National Registrar, and Controller. In addition, the office will perform tasks assigned to it by the Executive Committee, handle solicitation and support of national sponsors, and provide assistance to national committees, the Executive Committee, and the LMSCs.

### Committee Discussions

Since the beginning of September, the

committee members have been corresponding by e-mail concerning the resolution and the philosophical issues behind it. This has been a lively and interesting debate. Much of the discussion has centered on three separate issues: 1) When should we make a decision about expanding the national office; 2) What will be the nature of the Executive Director position; and 3) What is the mission of United States Masters Swimming. These questions are intertwined and no decision will be complete without answering all of them. This will probably not happen until we get to convention and actually get to work.

### When to Decide

A lot of commentators have expressed concern about having enough time to make a decision at this convention. This may be because most of the work this year has involved gathering data with very little discussion about the substance of the issue until recently. There is some support for a longer session, possibly with a facilitator, to cover all the issues involved. This could be done next year in San Diego prior to the official start of the convention.

As some contributors pointed out, however, a longer session next year presents two problems. First, will enough interested committee members be able to attend? Second, what will putting off a decision for one year mean to the implementation time frame? USMS President Nancy Ridout points out that it wouldn't be fair to saddle the next Executive Committee with the job of handling this transition. If we make the decision this year and hire staff by the beginning of the year 2000, the current Executive Committee can oversee the process.

### Executive Director

A large amount of ink was devoted to the kind of Executive Director to hire. It seems that most of the commentators want to make sure we don't end up with an executive director who will follow their own agenda and not go where our leadership desires. Some would solve the problem by hiring a policy coordinator who is essentially a business manager. Others feel that we need a real leader who can help run the

## ***Professional Management Resolution***

The USMS House of Delegates authorizes the USMS Executive Committee to expand the current USMS national office by January 1, 2000.

The office shall be headed by an Executive Director who shall hire the necessary employees to complete the tasks assigned to the office.

The Executive Director shall be hired by and report to the Executive Committee and shall not be allowed to make USMS policy. The Executive Director, with concurrence of the Executive Committee, shall hire and oversee all employees and contractors. The Executive Director shall be in charge of the operation of the national office.

The initial annual budget for the combined office shall be no greater than \$200,000.

The national office will perform the tasks currently performed by the National Executive Secretary, National Registrar, and Controller.

Additionally, the office will provide improved services to USMS members and LMSCs by:

- ~ Soliciting and providing liaison support to national sponsors
- ~ Providing assistance to national committees as requested by committee chair or Executive Committee
- ~ Providing assistance to LMSCs as requested by LMSC chair or Executive Committee
- ~ Performing tasks assigned by the USMS Executive Committee

see MANAGEMENT pg 5 col 1

# Defining the USMS Mission for 2000 And Beyond

**MANAGEMENT from pg 4 col 3**

USMS and move us into the future under the direction of the Executive Committee. The solution to this problem lies with the effectiveness of the Executive Committee. A strong leadership will maintain control of USMS regardless of the nature of the executive director. As Nancy puts it, "WE provide the leadership; WE define the focus and the mission of USMS. Any staff we hire will carry out the responsibilities we give to them."

*"In my mind, our mission extends beyond providing fun, fitness, and competition for our members. I see our program as a vehicle for adult fitness in America."*

*Nancy Ridout,  
USMS President*

## Our Mission

Much of the agony over when to do this and how strong an executive we need seems to come from a lack of clarity about the mission of USMS as we go into the future. Some of the commentators seem to be saying that we can't make this decision until we define ourselves. Hence the desire for a longer meeting next year. Some say we make the decision and then define ourselves. Interestingly, except for Nancy, none addressed the issue of what that mission should be.

She said "In my mind, our mission extends beyond providing fun, fitness, and competition for our members. I see our program as a vehicle for adult fitness in America." This is an intriguing idea and one which dramatically expands the horizons of USMS. In order to effectively meet this goal, masters will have to become a force to be reckoned with.

It will require an organization and an effort beyond what is possible for volunteers to do, no matter how talented and motivated. This includes competing for funding dollars so swimmers have the opportunity to train to a level of true fitness.

Of the 38 members who responded to the survey, 33 said we should expand paid positions as follows:

- 19—expand in the next 2 years
- 12—expand in the next 5–6 years
- 1—expand in 10 years
- 1—expand in 20 years

The following shows the average score for the tasks which were evaluated by the Management Committee. The committee members were to rate the tasks 1–4 and indicate whether they should be converted to paid positions immediately (1), in the next 2–5 years (2), the next 6–10 years (3), or never (4).

### Potential Revenue Generators

- 1.8—Solicit national sponsors
- 1.9—Working with national sponsors
- 2.6—Ads for national meets
- 2.4—Membership info 800 number

### Membership Services

- 2.4—Website administration
- 2.8—Swim editor
- 3.4—National Championship coordination
- 2.8—National Championship sponsors
- 3.5—Coach development programs
- 3.2—Club development programs
- 3.2—Press releases for meets (all levels)
- 2.9—Press releases for Natl Champs
- 2.7—Places to Swim production/distribution

portunity to train to a level of true fitness. It also means an investment in education so the ordinary swimmer understands the value of real training, whether they intend to compete or not.

To really be a "vehicle for adult fitness in America" we have to do something about the deficiencies on the local level. No matter how good our national organization is, if you can't get water time and quality coaching, you won't be able to provide real fitness opportunities for the average swimmer.

I can go to my health club and choose to do weight training, yoga, karate, aerobics, spinning, etc. all with trained and certified instructors. In 24 years as a masters swimmer, I have never been able to do that

## Survey on USMS Tasks

- 2.8—Calendar of Events production/distribution
- 3.0—Coaches manuals production/distribution
- 3.3—Top Ten compilation
- 2.9—Top Ten distribution

### Administrative Tasks

- 1.3—National Registrar
- 3.5—Rule Book editing
- 3.0—Rule Book publication
- 2.7—Controller
- 2.1—Executive Director
- 1.4—Executive Secretary
- 3.0—LMSC activities coordinator
- 2.6—LMSC assistance
- 2.9—Insurance coordinator
- 2.7—Auditor—national finances
- 3.7—Auditor—LMSC finances
- 3.6—Review LMSC by-laws & policies and suggest changes
- 3.0—Update LMSC handbook annually
- 2.6—Publish & distribute LMSC handbook
- 2.8—Coordinate convention activities
- 2.7—Assist committees in communicating with members
- 2.7—Assist committees with publications & distribution of same
- 2.7—Liaisons to USS, YMCA, FINA, USAS, etc.
- 3.5—Oversee national committees
- 3.8—Make USMS policy
- 3.6—Assume current Executive Committee functions

with my swimming team except for three and one-half months this summer when my team had the privilege of training with an outstanding age group coach who happened to be between jobs.

## Rutgers to Host SCM Zone Championship

Rutgers Masters Swim Club has once again offered to run the Colonies Zone SCM Championship. The meet will be October 10–11 at the Sonny Werblin Recreation Center at Rutgers University in Piscataway, NJ. The facility will be configured with one 8-lane competition pool and two separate warm-up pools. The entry form is included in this newsletter.

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## **Colonies Zone Calendar of Events**

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- 1/1/98-12/31/98; Check Off Challenge; PST; Tracy & David Grilli, 281 High Range Rd., Londonderry, NH 03053; 603-437-1375; E-mail: tracyswims@usms.org; Swim as many of the 18 pool events as possible during 1998. Get a t-shirt to check off each event as you swim it.; NE
- 1/1/98-12/31/98; Total Training Swim Clinics - Various Locations; CLN; Steve Tarpinian, 78 New Hyde Park Rd., Franklin Square, NY 11010; 516-674-4477, 516-775-5164(fax); E-mail: TTtalk@aol.com; Web Site: www.swimpower.com
- 1/1/98-12/31/98; Total Immersion Workshops - Various Locations (see below); CLN; Total Immersion, 5 Jennifer Ct., New Paltz, NY 12561; 800-609-SWIM, 914-256-9770, 914-256-0658(fax); E-mail: info@totalimmersion.net; On-line registration available; Web Site: www.totalimmersion.net
- 9/1/98-10/31/98; USMS 3000 & 6000 Yard Postal Championship; PST; Ann Svanson, PO Box 425, Greenfield Center NY 12833; 518-893-1967; E-mail: asvanson@skidmore.edu; Sanctioned by AD LMSC #038-005
- 9/9-12/98; Maine Senior Games - Portland, ME; UNK; Anita Chandler, Box 10480, Portland, ME 04104; 207-775-6503
- 9/12/98; 1.4 Mi Swim for Life - Provincetown, MA; OPN; Swim for Life, Jay Critchley, PO Box 819, Provincetown, MA 02657; 508-487-3684; E-mail: reroot@tiac.net; Web Site: www.ptownlib.com/swim.html
- 9/12/98; 1 Mi Swims Like Rock - Willey's Pond, Barnstead, NH; OPN; David Grilli, 9 Wiley Hill Rd., Londonderry, NH 03053; 603-437-1375; E-mail: Mushield@aol.com
- 9/12-13/98; Total Immersion Freestyle Workshop - Long Island, NY; CLN; See Total Immersion Workshops above for information
- 9/13/98; 2.4 Mi "Wrong Way" Harbor Swim - New York, NY; OPN; Manhattan Island Foundation's Wrong Way Swim, c/o HRPC, 141 Fifth Ave., New York, NY 10010; E-mail: NYCswim@aol.com; Send 2 self addressed mailing labels; Web Site: www.nycswim.org
- 9/13/98; Chinn Aquatics Invitational - Woodbridge, VA; SCY; Kathy Karlen; 703-590-4036; Sanctioned by VA LMSC #129-0001
- 9/16/98; Vermont Senior Games 2 - Poultney, VT; UNK; Ardis Smith; 802-824-6521
- 9/19/98; Nike Swim Clinic - Rutgers Univ., New Brunswick, NJ; CLN; Andrea Scholz, 587 Avon Ln., Saddle Brook, NJ 07663; 201-794-9418, 973-331-3585; E-mail: scholza@towers.com
- 9/19-20/98; Mentor Coach & Swimmer Clinic - Richmond, VA; CLN; Terry Sue Gault, 3202 St. Stephens Way, Midlothian, VA 23113; 804-379-9099; E-mail: tsgvms@aol.com; Sanctioned by VA LMSC
- 9/19-20/98; Total Immersion 4-Stroke Workshop - East Orange, NJ; CLN; See Total Immersion Workshops above for information
- 9/25-27/98; New Hampshire Senior Games 2 - Laconia, NH; UNK; 603-332-0055
- 9/26/98; 1K, 3K, & 6K Sunfest Swims - Ocean City, MD; OPN; Ken Zuiderhof, 6520 Valley Rd., La Plata, MD 20646; 301-934-3675; E-mail: kzuiderrhof@mail.ccboe.com; USS & USMS events; Sanctioned by MD LMSC #98-16
- 9/26/98; 1 mi Bay Swim - Wildwood Crest, NJ; OPN; L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009; Wildwood Crest Beach Patrol; 609-729-3038; Web Site: www.lin-mark.com
- 10/10/98; Columbus Day Meet - Washington, DC; SCY; Neill Williams, 1715 Lanier Place, NW, Washington, DC 20009; 202-588-0958; Sanctioned by PV LMSC
- 10/10-11/98; Colonies SCM Champs - Rutgers Univ, Piscataway, NJ; SCM; Cathy Copeland, 246 Berger St., Somerset, NJ 08873; 732-828-4679; E-mail: cope@webspan.net; Web Site: www.demilia.com/ruba; Sanctioned by NJ LMSC
- 10/10/98; Clara Walker Invitational - Providence, RI; SCM; Stephan Joe; 401-865-2268; E-mail: StephanJo@aol.com; Sanctioned by NE LMSC #021-011-SSCM
- 10/17-18/98; Total Immersion 4-Stroke Workshop - Washington, DC; CLN; See Total Immersion Workshops above for information
- 10/25/98; Coach Mentor Clinic - Long Island, NY; CLN; Bob Kolonkowski, 15 Dartmouth St., Rockville Ctr., NY 11570; 516-766-1264; Sanctioned by MR LMSC
- 10/25/98; G.O.S.T. Splash - Oneonta, NY; SCY; Verna Engstrom-Heg, H.C. 64 Box 58, Oneonta, NY 13820-9110; 607-829-8785; Sanctioned by AD LMSC #038-007
- Nov 98; Turkey Classic - Gaithersburg, MD; SCY; Linda Bowers, 18802 McFarlin Dr., Germantown, MD 20874; 301-540-0158; Sanctioned by PV LMSC
- 11/4-14/98; Total Training Swim Clinic - Long Island, NY; CLN; See Total Training Clinics above for information
- 11/14-15/98; Total Immersion Freestyle Workshop - Philadelphia, PA; CLN; See Total Immersion Workshops above for information
- 11/14-15/98; Total Immersion 4-Stroke Workshop - Boston, MA; CLN; See Total Immersion Workshops above for information
- 11/15/98; SCM Meet - Portsmouth, NH; SCM; Ed Gendreau; 603-337-1823; E-mail: gendreau@nh.ultranet.com; Sanctioned by NE LMSC #028-020-SSCM
- 11/21/98; Total Training Swim Clinic - Boston, MA; CLN; See Total Training Clinics above for information
- Dec 98; 1000/1650 Meet - U of MD, Colleg Park, MD; SCY; Dave Diehl, 12511 Littleton St., Silver Spring, MD 20906; 301-946-0649(h), 301-314-5372(w); Sanctioned by PV LMSC
- 12/5-6/98; Total Immersion Freestyle Workshop - Hudson Valley, NY; CLN; See Total Immersion Workshops above for information
- 12/7/98; Reading YMCA - Reading, PA; SCY; Denis Goda; 610-375-6328

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**PLACE SCM CHAMPS ENTRY FORM**

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***PLACE SCM CHAMPS ENTRY FORM***

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# P O T P O U R R I

## LMSC Officers & Zone Mailing List Verification

At convention we will also be reviewing the list of LMSC officers and the zone mailing list that I use. I will have a copy of the officers maintained by the national office. Please make sure your LMSC delegates have a complete list of names and addresses of LMSC officers so they can review the information and correct any errors.

The mailing list I use to disseminate zone information is more inclusive than the LMSC officer list. To get on my list you must be an LMSC Officer, on the USMS Board of Directors, on a National Committee, a convention delegate, a special assignment person, or someone of importance to your LMSC even if you don't hold any official position. If there is anyone not on the list who should be, please add their name to the list I will have at convention.

## Swim Magazine Event Listings Wanted

This is just another reminder that Susan Ludwig, USMS Editor for *Swim*, is asking Zone Reps to recommend events to be listed in the back pages of the magazine. The deadline for getting events listed is at least two months before publication. For the Jan/Feb '99 issue, I will have to have the events

to Susan by around October 24. Please get your events to me on time. I have had very few events to list for the last two issues because schedules were not set up far enough in advance.

To be listed, a meet should be a USMS sanctioned event and of some interest to people outside your LMSC. I also need the exact date and the name, address, and phone number of a contact person.

## LMSC Election Procedures Survey

Earlier this year, I took a survey of LMSC election procedures. At convention, I will have a copy of the procedures as I got them from you. We will be verifying the information during our zone meeting. Please make sure your LMSC delegates understand the process so they can review the information and correct any errors.

## Advertise Your Meet or Event in Zone News

Beginning with the December issue of the Colonies Zone Newsletter, there will be limited space for meet hosts and organizers of other zone activities to put a small ad in the newsletter. I usually have some space for small items after all the news is laid out. Deadline for the next newsletter is November 15. Please keep it simple—no graphics, just information.

## Bids for 1999 Colonies Zone Champs Due by Start of Zone Meeting

Bids for the 1999 Colonies Zone Championships are due prior to the start of the meeting on October 3. Events available are SCY in Spring, LCM in Summer, SCM in Fall. The LCM Champs will probably be a postal meet with many meets participating. You may also bid for an open water or postal event.

## Working Calendar

<b>Sept</b>	
30	5 & 10 K Postal National Championships end.
<b>Oct</b>	
2	Entry deadline for Colonies Zone SCM Championships.
3	9:30–12:00 Zone Meeting at Convention.
10–11	Colonies Zone SCM Championships, Rutgers University.
24	Deadline for submission of <i>Swim</i> calendar listings.
31	3000 & 6000 Yard Postal National Championships end.
<b>Nov</b>	
15	Deadline for submission of articles for December Colonies Zone Newsletter.

## Colonies Zone Calendar of Events (cont'd)

### COLONIES EVENTS from pg 6

- 12/12-13/98; NE SCM Champs - Bentley College, Waltham, MA; SCM; Ed Gendreau; 603-337-1823; E-mail: gendreau@nh.ultranet.com; Web Site: www.nh.ultranet.com/~gendreau/; Sanctioned by NE LMSC #028-022-SSCM
- 1/1-31/99; USMS 1-Hour Postal Championship; PST; Jon Einsidler, 10 Waterside Plaza, Apt. 6D, New York, NY 10010; 212-684-2979; Sanctioned by MR LMSC
- 5/22/99; 12 Mi Eastern Shore Marathon Swim - Wye Island, MD; OPN; Joe Stewart, 3212 Avon Ave., Baltimore, MD 21218; 410-246-4418; Fund raising event with solo & relay swims to benefit the Eastern Shore Land Conservancy & Eastern Shore AIDS Foundation.
- 6/5/99; 7.5-Mi Potomac River - Swim for Environment; OPN; Joe Stewart, 3212 Avon Ave., Baltimore, MD 21218; 410-243-4418; Accompanied swim with limited entries. Pledged swim to benefit the environment.
- 6/19/99; 1.5 & 3 Mi Swims - Tred Avon River, Bellevue, MD; OPN; Joe Stewart, c/o Swim for Life, PO Box 39464, Baltimore, MD 21212; 410-243-4418; AIDS benefit formerly swum in the Gunpowder River
- 6/26/99; 1 Mi & 3 Mi Ocean Swims - Wildwood, NJ; OPN; Viki Altomonte, 209 Embleton Rd., Owings Mills, MD 21117; 410-356-2537; E-mail: altomvi@jhmi.edu
- 7/10/99; 1, 2, & 4 Mi swims - Chester River, Chestertown, MD; OPN; Joe Stewart, c/o Swim for Life, PO Box 39464, Baltimore, MD 21212; 410-243-4418; AIDS benefit formerly swum in the Gunpowder River

# Colonies Zone Convention Delegates

Jack Geoghegan—USMS Vice President  
Betsy Durrant—USMS Secretary  
Tracy Grilli—USMS Executive Secretary  
Jeanne Crouse—Legal Counsel  
Lynn Hazlewood—Colonies Zone Representative  
Jim Matysek—Computer On Line Chairman  
Colleen Driscoll—Insurance Chairman  
Nancy Miller—Planning Chairman  
Jim Miller—Sports Medicine Chairman  
Ted Haartz—Past President  
Mike Laux—Past President  
Anne McNeil—Adirondack  
Dorothy Donnelly, Marcia Cleveland—Connecticut  
Art Mayer, Pat Timmins—Deleware Valley  
Barbara Protzman—Maryland  
Paul Fortoul, Conrad Johnson—Metropolitan  
Ed Gendreau, Tom Lyndon, David Grilli—New England  
Tom Brunson, Millicent Kaplan—New Jersey  
Lorie Gibson-Rick, George McVey—Niagara  
Joann Leilich, Debbie Morrin, Jeff Roddin, Rob Whitters—Potomac Valley  
Craig Campesi, Terry Gault—Virginia  
Rob Copeland, Jerianne Donnelly—Legislation  
Peter Crumbine—Long Distance  
Leslie Cooper, David Diehl—Rules  
Rob Berry, Gene Donner, Stu Marvin, Linda McCowan—Delegate at Large

**FALL 1998**

# Colonies Zone News

Lynn Hazlewood  
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lynhzlwd@usms.org

**Colonies Zone  
SCM Championship  
October 10—11, 1998  
Sponsored by  
Rutgers College Recreation  
Entry Form Pg 7**