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Website Website

The **Alaska Masters web site** at <http://www.akmswim.org> should be up by the time you read this. Please visit the site and get involved in its maintenance and improvement. My goals for the web site are as follows:

1. Make the site as accessible as possible. This means that I am trying to avoid too much in the way of fancy coding. I've tested all the pages on the most current versions of Internet Explorer, and Netscape on both Macintosh and Windows. If the pages don't work on the computer setup you use, let me know and we'll try to fix things.
2. Make the site useful. I am using the sort of information that Raymond had on the old site. I am assuming that this information is useful to our membership and others. If there is other information that you would like on the site, let me know.
3. Make the site fun. I'm looking for good links other swimming related sites. If you've found some good links, let me know.
4. Make the site dynamic. There are few things worse than a stagnant web site. I can't keep it up to date and interesting without your help. Please let me know what is happening and let me know if you find any problems with the data, links, captions, etc., on our site.

Ken Winterberger
Alaska Masters Swimming Webmaster

Alaska Masters Swimming

Spring 2000

Letter from the Chair

Thanks to Joanne and the previous board for setting me up to take over an exceptional swim program. I am glad to be back on the board to serve your needs as Masters Swimmers. Thanks to Raymond Billings for setting us up on the Internet. He has created a whole new way of communicating for Alaska Masters swimmers. One of my first projects is to drastically reduce our large budget of newsletter costs and put everything on the Internet. Jan Rumble and Ken Winterberger will be crucial in its development. This will allow us to bring up to date news and results to you faster than we ever thought possible.

We hope to be able to add a larger Alaska Masters Postal Swim Meet and hopefully find a "sister lower 48 city" to put on the next postal meet. I would like to ask everybody to add swim pix to our photo gallery and sign up on line for your 2000 registration if you have not already.

Please join me in welcoming Barb Murray, Ken Winterberger, Devron Bennett, Andrew Billings and Dawn Allen-Herron in their new positions.

We could use all the volunteer help we can get running more meets and getting news out to the rest of the swimming community.

Congratulations to all the participants of the 2000 State Short Course Yards Meet and the February Fitness Challenge.

Thanks for having me back on board.

Annie Haxby



Calendar of Events

- | | |
|-------------------------|--|
| April 1-30, 2000 | Alaska Masters Annual Postal Meet, occurs within the month, Meet Director: Jan Rumble, jandean@alaska.net , (907) 465-4259 |
| May 13, 2000 | Long Course Yards Meet (LCY), Barlett High School Pool, Meet Director: Ginny Wright, ginnyw@alaska.net |
| Dec. 9, 2000 | Short Course Meters Meet (SCM), Bartlett High School Pool
Meet Director Ginny Wright |
| Feb. 16-17, 2001 | Short Course Yards (SCY) State Championship Meet
Meet Director Ginny Wright |

News from around Alaska



SWAM-Anchorage

Ruth Carter-President

- ❖ SWAMmer Shad Barnett competed and completed the Iditasport!!! Good job Shad!
- ❖ Kevin McCoy's daughter Emily is being actively recruited for her swimming by Brown University, Cornell and Berkeley.
- ❖ Maria Reese from Fairbanks made an Olympic qualifying time and is also being heavily recruited.
- ❖ CONGRATULATIONS to Joe Anders who recently passed his Professional Engineering exam!
- ❖ Steve Coniaris, former head coach of SWAM, sent me a note saying that : "doc'ing and coaching are not that different - helping people help themselves and sharing a bit of the journey."
- ❖ Stan Steck and Ruth Carter could not resist the fun of Sadie Hawkin's Day, so we impulsively eloped February 29, 2000. This does not change the plans for a ceremony and celebration in Albuquerque May 6, and party in Anchorage in June. They took their nuptial swim together last Saturday, March 4. They had planned to get married on the Ruth Glacier, but the weather didn't allow them. So they were married on a knoll overlooking Turnagain Arm, Sunrise and Hope in the home of friends Rick and Hope. Rick Abbott was their officiate; Susan, Hope, Jay and Lynn were their witnesses. They followed their vows with champagne, lunch and laughter.

Petersburg Masters

Coach Tex Doherty

News is that there are 14 Masters swimmers participating in the program in Petersburg. Way to go Tex!

Ketchikan Masters

Coach Dawn Allen-Herron

➤ Coaching Clinic/Swimmers Clinics.

- ◆ We intend to bring Kerry O'Brien of Walnut Creek up to Ketchikan either the weekend of August 19 or the weekend of August 26. He will do clinics for coaches, which will be open to USMS, USS, or High School coaches, and will do clinics for swimmers, which will be open only to USMS swimmers. As soon as we get the details finalized, we'll put together promotional stuff that you can get out to your swimmers.

➤ Swim around Revilla.

- ◆ It may be too early to print anything, but if you're looking for filler and want to add a "teaser," here's the deal: Ketchikan Masters Swimming is sponsoring, in 2001, a "virtual" swim around Revilla postal fitness challenge. We'll divide the 135 miles into four "legs." Swimmers will have 3 months (likely Jan, Feb, Mar) to record their yardage. For every quarter of the way round Revilla they swim, they get one entry. Coaches can get one entry per ten swimmers who enter. At the end, we'll draw for prizes, most of them small, but one large one--two roundtrip tickets (from airports we can get mileage redemption awards from) to Ketchikan, and boat trip "really" around Revilla. Hopefully, we'll have a website with photos of the island at the various "stops" etc so-that's OUR fundraising idea of the year! The fitness committee is discussing it by e-mail right now, but it appears that they will sponsor it, which will give us a lot of free exposure in SWIM magazine, as well as mailings to the coaches.

News from around Alaska (cont'd)

Juneau Masters Swim Team

Coaches Jan Rumble and Marc Bucat

- Tracy Rivera is doing 4 triathlons this summer from Arizona to Maryland (one Ironman). We have several female swimmers that will be going to Seattle and Anchorage to do one of the sprint triathlons.
- Our pool is going to be closed again for painting for three weeks so we have to get our running shoes out and bikes tuned up to switch to another sport for a while.
- Seven of the 17 swimmers that we took to the State Meet had never participated before and they had a blast. Thanks to all of the swimmers involved for making a nice environment where we could all race.

Buckner Masters Swim Team

Coach Dave Ruckstuhl

We have several swimmers that never swam in a meet until December and others until February. Some were not sure they could finish the 100 freestyle. Others wanted to set personal records in events like the 1650 and 400 IM. Still others had concerns about goggles falling off, suits coming down, warm-ups, times, and other swimmers. After several swims and meeting the wonderful folks at the meet(s), each of them relaxed and enjoyed their events. What a thrill to see all of them meet or attempt to meet their personal goals. Some set age group records in events, some swam on a relay for the first time, and some won age group awards. Also, Christine Haslam will be going to Nationals in April.

About half of our swimmers are doing, or interested in doing, triathlons. Two are doing Ironman, one in Penticton, B.C., Canada and Mike Derrick in Lake Placid, NY. A couple will be attempting their first Sourdough Half Ironman in Fairbanks this July, and some will be returning to racing triathlon after a few years off. Still others are doing one or both of the marathons in Anchorage. We have continuing goals and are well supported by our families. What a great ride this fitness train is.

Alaska Masters Swimming

Chairperson

Annie Haxby 229-5022
annie@gci.net

Vice-Chairperson

Barbara Murray 338-6906

Newsletter

Jan Rumble 780-2552
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Webmasters

Ken Winterberger 345-5800
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Devron Bennett
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Registrar/Treasurer

Janna Endell 479-5585
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Top 10/Records

Joanne Wainwright 262-5308
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Sanctions/Safety Official

Dave Leonard 479-9688

Coaching Representatives

Dawn Allen-Herron
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Andrew Billings
andrew5140@hotmail.com



Registering for USMS - The Facts

Ever wonder what happens with that \$20 and registration form you send in each year? Janna Endell, the Alaska Masters registrar and treasurer, has some interesting facts and trivia to answer your questions.

Why Register?

Get a great magazine and this newsletter. You're also insured for those times your coach insists you jump out after each 25 and do push-ups but you slip and break something. Hey, we're not getting any younger!

The USMS Insurance Program provides Secondary Accident Insurance coverage for USMS members. Liability coverage is provided for USMS members, member clubs, LMSC officials and volunteers acting on behalf of and with the approval of USMS.

Secondary Accident Insurance covers the USMS member during USMS sanctioned and recognized meets, supervised practices and pre-approved events. In sanctioned events, ALL competitors must hold current USMS registration. At supervised practices, ALL participants must be registered USMS or United States Swimming, Inc. (USA Swimming) members and practice must be under the direct supervision of a USMS Member or USA Swimming certified coach.

Where Does My \$20 Go?

\$5 stays with Alaska Masters to pay for newsletter copying and postage, pool rental and officials for the December and February meets, and it offsets costs to host local meets.

\$15 goes to the national office for SWIM magazine, insurance and administration.

When is My Registration Valid?

Any forms received in November of the present year are good through December of the next. Registrations received in September and October are valid through the end of the current year and are discounted \$5.

Donations

If you'd like to contribute \$1 (or more) to the International Swimming Hall of Fame or the USMS Foundation, send the donation along with your registration form and check the appropriate box. The money is forwarded to the national office.

SWIM Magazine

SWIM magazine is included with all registrations. You have the option to not receive the magazine but will not get a registration fee discount. Starting in 2000, households where both spouses are registered will only receive one copy of the magazine. If that's a problem, let Janna know.

Mailing Lists

Mailing lists: If you don't want your name added to miscellaneous mailing lists by the national office, let Janna know.

Slave Drivers - Er, Coaches

Coaches: Coaches should always check the box under the signature on the form so the national office knows who you are.

1999 National Statistics

Number of clubs	440		
Largest club	8,794 members		
Smallest club	22 members		
Largest age group	35-39 (women)	40-44 (men)	
Oldest swimmer	99 years (women)	99 years (men)	
Totals	43% women	57% men	37,443 swimmers



USMS registration (cont'd)

Alaska's Numbers

<u>Age Group</u>	<u>Women</u>	<u>Men</u>	<u>Total</u>
19-24	11	8	19
25-29	19	17	36
30-34	23	17	40
35-39	18	13	31
40-44	25	14	39
45-49	24	17	41
50-54	8	14	22
55-59	9	5	14
60-64	7	3	10
65-69	0	3	3
70-74	1	1	2
Total	145	112	257

Look how we've done in the past 11 years. Membership continues to increase as we spread the word about what a kick Masters Swimming is and the great new friendships we gain.

<u>Year</u>	<u>No. of people reg.</u>
1990	174
1991	173
1992	164
1993	157
1994	122
1995	163
1996	249
1997	201
1998	236
1999	253
2000	257 and counting!

We're technically all in the same club – Alaska Masters Swim Club – so that when we go out of state for meets we can assemble relays and compete together. At in-state meets we distinguish where we swim to make the meets more fun.

Questions?

Contact your registrar, Janna Endell, through e-mail at janna@alaska.net or call her evenings at 479-5585.

Swimming Benefits

by Peg Jordan, RN from <http://www.allhealth.com>



Question: My exercise program currently includes a large proportion of swimming. Does swimming elevate your heart rate? Does it burn fat? --Chris

Answer: I love swimming for the way it works every muscle group, elongating and freeing the body in a rhythm of non-weight-bearing, wonderful movement. It's the best! Congratulations for being a dedicated swimmer.

Yes, swimming elevates heart rate, but depending on the speed, force and intensity of the stroke and the kick, it may not be raising it as high as you would when running or some other aerobic sport.

Yes, it burns fat, it is aerobic. There was some question about how much fat it burned compared to weight-bearing activities years ago. I broke one of the first fitness stories, declaring "Can Swimming Make You Fat?"—and I rue the day I did it. All sorts of theories popped up saying that swimmers don't really lose body fat since the cool water forces your body to maintain a layer of cushioned fat for warmth, or that the body keeps fat as a defense against drowning, since fat makes you float better.

But then a wave of good exercise physiologists came out against those theories, saying that swimmers can develop long lean muscles that are incredible fat-burning "machines" and that the public should not be deterred in the least from pursuing water aerobics or swimming. I agree. Stay in the pool. It's a lifelong sport that will keep you young and healthy.

Alaska Masters Short Course Yards Championship February 18-19, 2000

Team Scores

1 st	SWAM	941 pts.
2 nd	Buckner Masters	610
3 rd	The Alaska Club	526
4 th	Juneau Masters	485
5 th	UAA Masters	366
6 th	Fairbanks Masters	319
7 th	Eielson Masters	275
8 th	AK Sports Academy	266
9 th	YMCA	205
10 th	Cordova	166 pts.

Sixteen Teams participated, including the above teams as well as Homer, Ketchikan and Soldotna.



Thanks to Ginny Wright for all of her time and energy in organizing these wonderful events. We appreciate all of your hard work.

High Point

(** won all 6 of their events)

Female 19-24

**Rebecca Nash Buckner

Male 19-24

Ben Hammond Eielson

Female 25-29

Anne O'Brien UAAM

Male 25-29

**Trent Fischer Homer

Female 30-34

**Mia Costello SWAM

Male 30-34

**Mike Sorensen The Alaska Club

Female 35-39

**Annie Haxby The Alaska Club

Male 35-39

**Robert Forgit The Alaska Club

Female 40-44

Ritchie Sonner Juneau

Male 40-44

Phil Hedges ASA

Female 45-49

**Colny Tucker SWAM

Male 45-49

**Rick Wery Juneau

Female 50-54

Annie Neveldine SWAM

Male 50-54

**Daniel Blake SWAM

Female 55-59

Marianne Stillner Juneau

Male 55-59

Ray Hamilton SWAM

Female 60-64

**Carolyn Lyons The Alaska Club

Male 60-64

**Monte Lyons The Alaska Club

Male 70-74

Gus Hansen The Alaska Club

Male 75-59

**Yaro Mucha The Alaska Club

3rd Annual Alaska Masters Postal Meet

Sponsored by Alaska Masters



Date-Swims will need to take place in the month of April, 2000.

Objective-You can swim up to 3 events.

Venue-Any pool of 25 yards.

Eligibility-Anyone older than 19. You must be USMS registered.

Awards-Awards will be given to the top three swimmers in each age group.

Rules-Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Circle swimming is not permitted. USMS rules apply. All swimmers must submit the registration sheet and a copy of USMS registration.

Fees-Individual entry fees are \$4 per swimmer. Make checks payable to: Alaska Masters and mail to: 2000 Alaska Masters Postal Meet, c/o Jan Rumble, P.O. Box 33336, Juneau, Alaska 99803. Please make sure the forms are complete and signed before mailing. Entries should be received by May 15th,2000.

Information-Questions should be addressed to Jan Rumble, Meet Director, (907)780-2552, or e-mail at jandean@alaska.net.

Alaska Masters Postal Meet

All Entrants Must Complete This Form

Name _____ Registration # _____
Address _____ Phone # _____
City/State/Zip _____ M _____ F _____
Club _____ Age _____ Date of Birth ____/____/____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition), including the possible permanent disability or death and agree to assume all risks. As a condition of my participation in the Masters Swimming program or any activities incident thereto, I hereby waiver 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.

I certify that I have read the rules of this competition and that I swam:

50 freestyle	____:____	100 freestyle	____:____
50 backstroke	____:____	100 backstroke	____:____
50 breaststroke	____:____	100 breaststroke	____:____
50 butterfly	____:____	100 butterfly	____:____
		100 IM	____:____

at _____ on ____/____/____
(Pool name/City) (Date)

(Verifier's signature and phone number)

(Swimmer's signature)