

Manatee Masters Swimming

February/March 2010

March 13, at 8:30 and 9:30am The Annual Manatee Intramural Relay Meet and Pool Social

All Manatees are eligible, just show up at 8:30 or 9:30am on 3/13/10 and we'll put you on a team. The Social Committee will whip up a fabulous assortment of coffee and goodies to fuel your efforts, and a good time is guaranteed for all. Relays will include "Legal" and fun relays until we run out of time.

Messages from the Co-Presidents

Where you going in 2010?

By Sunday, January 31, I am at Walnut Creek, 16.3 miles from the Holy Names pool. I am heading east for I-80 and places beyond - hoping to travel a little more than 300 miles by New Years. That will put me in Lovelock, Nevada – and who wouldn't want to be in Lovelock on New Years Eve.

The Coaches and Co-Presidents figured that, as Manatees, we need more direction. No more swimming aimlessly from end to end. We need to change our lives and head somewhere. So, where will you go by the end of the year?

The steps to a more directed and meaningful life:

- 1) Set a personal distance goal – by estimating the number of workouts you will do and how many yards per workout. Then divide by 1760 (yards in a mile) and you will see how far you will get.
- 2) Go to a map or use Mapquest on your computer and pick a favorite spot that is roughly your estimated distance. Perhaps go a little further as a challenge. Holy Names is zip code 94619. Go north, east, south or west (?). A couple folks are going vertical towards the stars. You may want to email us postcards or photos on your trip.
- 3) Enter your destination on the Manatee Display Board. That way we can start following your trip.
- 4) Create a FLOG (Fitness log) on the US Masters Swimming web page (hit the "Links" tab at the

top of the Manatee web page). Go to "My USMS" to create the FLOG. Then enter the distance you swim after each workout. Your FLOG will do all the work from there (at least in tabulating your collective distance in yards, meters and miles.) USMS will email you progress reports.

Oh yes, there are prizes

By creating a FLOG, you are entered automatically in the US Masters Swimming "Go the Distance (GTD)" program. (According to Coach Brian, the Manatees who entered the 2009 GTD swam the most miles of any team in the Pacific section). Nike and the All American Swim Supply sponsor Go the Distance. And the prizes - for example - swim 50 miles and you get a Nike GTD swim cap, 250 miles and a water bottle, etc. And what skeptic said there is no reward for being more directed.

Already Co-Pres Bern has gone 61.8 miles followed next by Eve Maidenberg at 46.88 miles. Also Going the Distance in 2010 are Jim Clemmons, Peter Finney, Kirsten Halbrook, Robin Mills, Chris Pankey, Rebecca Perry, Hisun Rim, Brian Stack, Margaret Thompson, Bob Upshaw and Joanneke Verschuur.

Join up – it is not too late - and swim to those exotic places.

... Gordon Jacoby

Hello Manatees!

The first thing Gordon and I want to say is “Thank you” to Rebecca! Rebecca did a fantastic job as President and is still helping us make our transition as smooth as possible. Gordon and I cannot say enough about all the hard work Rebecca did through many changes as a team, and we want to thank her for laying the groundwork for a successful future.

Next we wanted to let you know that the team is doing very well. Rain or Shine, Brian has been working hard to organize our excellent coaching staff and fire them up for 2010. Holy Names is very happy we are at the University and things are going smoothly. As a team, we seem to be on track and having a great year thus far.

Coaches Corner

Manatee 101

The Manatee 101 column has returned from its shadowy past with a renewed mission to keep Manatees informed on the vagaries of MAM society and training methodologies.

This month we’ll take a look at the yearly training plan concocted by Coach to prepare the Manatees for competitive success in all three of the pool venues and Open Water, and to insure that the non competitive Manatees are prepared to challenge their fitness goals.

The **Annual Plan** is divided into three segments, defined by the three pool seasons we encounter. From November through the USMS Short Course Yards National Championships in May we prepare for short course yards events. This season lasts about 26 weeks. This season is broken up into Macro, and Micro cycles. Macro cycles last from 4 to 6 weeks and are directed at a specific technique or training goal. The first macro cycle we encounter begins in November with a focus on mainly low intensity practices designed to build aerobic fitness, basic endurance, and stroke technique. Micro cycles during this time period are directed toward technique with weekly focus on the basic elements of safe and productive strokes.

At about the beginning of **January** we begin another Macro cycle where the focus shifts slightly to pushing the aerobic system to adapt to more intense training, getting into more

One thing we do need help with is our Social Committee. We have some fun events planned this year and are looking for a few more people to help out. If you and a friend or two want to get involved, this is a great way to have some fun while giving back to the team.

I am looking forward to seeing you at the pool and if you have any ideas please let Gordon or me know.

Swimmingly yours,

...**Bernard Hale and Gordon Jacoby**

advanced stroke concepts designed to enhance the understanding of stroke technique. For the **competitive swimmers** we provide an opportunity during this cycle to practice good stroke technique while stressed by tighter intervals and more challenging sets. **Fitness swimmers** can use this cycle to build strength and endurance while working at higher heart rates than earlier cycles. Micro cycles will focus more on building strength and racing endurance in all strokes for competitors.

Mid **February** brings another shift to a new Macro cycle directed at preparing competitors for racing. We’ll do more speed work during this phase. Technique will also be directed toward the concepts necessary for competitive success. Fitness swimmers will notice an emphasis on strength work.

April is the beginning of the final Macro for SCY competition. We’ll continue our focus on strength and stroke mastery for competition. Swimmers have the opportunity to swim in meets prior to and during this cycle to get more accurate feedback on how the season’s training is working to this point. This Macro will also include the taper for the Pacific Masters SCY Championships in mid April, and the taper for USMS SCY Championships, mid- **May**. The taper for competition presents a challenge for coaches interested in providing a

productive experience for all of our swimmers. The taper is intended to give the competitive swimmers a chance to rest and prepare well for the final meets of the SCY season. Their yardage will drop progressively through this final cycle, and since we don't separate swimmers into competitive and non-competitive lanes we face the challenge of making the taper work for the fitness swimmers. The taper provides the fitness swimmer with an opportunity to swim fast during practice to see how much they've improved through this season of training, and to inspire them to set more challenging goals for the next season.

The next two iterations of the training seasons are shorter, and based on the competitive venues in use, for example the second season combines Long Course Meters and Open Water swimming. Since we spend so much time in the first season focused on aerobic base building, it's usually not necessary to repeat that phase of the training, and we can get right into the later phases of training. The same ideas hold true as we enter the last season Short Course Meters that runs from the middle of **August** or there 'bout to the end of **October**.

If you have questions about the training plan please feel free to share them with me, the input is invaluable.

...Coach Brian

Swim Meets

The Final 2009 GTD Tallies are in...Nice job Manatees!

The Manatees beat out all other teams in the Pacific Region with 3,996.69 miles. We had 14 participants, and we averaged 285.5 miles per participant. The next closest team was Walnut Creek, and they registered 2,674 miles, 1,323 fewer miles than those registered by the Manatees.

Jim Clemmons placed 5th in his age group with 632.26 miles.
Chris Pankey placed 6th in the age group with 540.55 miles
Brian Stack moved up and placed 21st in his age group with 340 miles.
There were 71 registered in our age group, 55-59.

Bob Upshaw placed 9th in the 60-64 age group with 522.1 miles.
Eve Maidenberg was 24th in her age group with 120.17 miles.
Rebecca Perry placed 7th in her age group with 437 miles.
Robin Mills was 14th in the same age group with 370.42 miles.
Robin Dean was 36th in her age group with 253.13 miles
Barbara Phillips was 42nd in her age group with 146.5 miles
Susie Caso was 20th in her age group with 160.85 miles.
Peg McPartland was 9th in her age group with 233.6 miles
Hisun Rim (18.25 miles) and **Joanneke Verschuur** (71.93 miles) also participated.

Speak with a coach if you'd like to know how you too can GTD for free and contribute to the MAM team totals for 2010. It's not too late!

...Submitted by **Chris Pankey**

A note regarding the meet from Will Hale, supreme keeper of the stats:

No records were set at the Reno meet, but **Chris Pankey** did a fine job, nonetheless. Eleven MAM records were set at the SPMA SCM meet! Three of those were overall team records!

Overall team SCM records:

Sarah Chinn in the 25-29 age group swam the 200 IM in 2:45.20 which bested her own record of 2:48.56 set 12/2/07 when she was in the 18-24 age group.

Sarah Chinn also swam the 200 breast in a 3:03.56 which surpassed **Britta Hult's** mark of 3:06.65 set 10/18/09 as a 25-29 age grouper.

Juliet Cox in the 40-44 age group swam the 50 back in 34.32 passing her own previous mark of 34.41 set 12/7/08 in the same age group.

SCM age group records:

Sarah Chinn in the 25-29 age group set nine MAM records in the 200 IM, the 50, 100 and 200 breast, and the 100 (split), 200 (split), 400, 800 (split) and 1500 free.

Juliet Cox in the 40-44 age group set two MAM records in the 50 back and the 100 free.
Go team!

Also

Four MAM records were set at the TOC 1500 SCM and two more were set at the SCY Quadrathon. Records in the 1500 were set by:

Peter Finney in the 40-44 age group with a 18:30.84,

Rebecca Perry in the 45-49 age group with a 22:07.25,

Michael Notaro in the 45-49 age group with a 19:41.23, and

Jim Clemmons in the 60-64 age group with a 18:28.64.

Records from the Quadrathon by **Rebecca Perry** in the 45-49 age group:
200 free in 2:21.35, and 500 free in 6:11.84.

...Will Hale

SPMA (Long Beach) SCM Championships

Held annually at the Belmont Plaza Pool, the meet was held over the weekend of December 4, 5 and 6. **Sarah Chinn**, **Juliet Cox** and **Alan Levinson** made the trip this year. Results can be found at:

<https://www.lbgrunions.org/results.html>

The Olympic Club, Margery Meyer, 1500 scm

Rebecca Perry, **Peter Finney**, **Mike Notaro** and **Jim Clemmons** took the opportunity to get their short course meter 1500 over with early in the year by attending the O-Club's somewhat "annual" event on Saturday, January 16. Taking advantage of the luxurious surroundings, the Manatee contingent placed first, first, second and first (in that order) in their appropriate division. All four swimmers set new team age group team records with **Jim Clemmons** also breaking the USMS and World record by 22 seconds. Special thanks to **Cathy Sychr Finney** for tagging along to make sure we all swam the entire distance.

Fog City Winter Quadrathon

Rebecca Perry, **Alan Levinson** and **Mac McClelland** swam at the SCY event held at St. Ignatius High School on Sunday, January 24. The events consisted of the 50, 100, 200 and 500 freestyle events. **Rebecca** placed 3rd, 2nd, 3rd and 3rd respectively, setting new age group team records in the 200 and 500. **Alan** placed 5th in the 50, 100 and 200 electing to bypass the 500 event. **Mac** won both the 50 and 200, passing on the other two events.

2009 Pacific Masters SCM Top Ten

Individual results: <http://www.pacificmasters.org/comp/09/09scmTT.pdf>

Relay results: <http://www.pacificmasters.org/comp/09/09scmttRel.pdf>

Save the Dates

February 6 [Valentines Affair, USF, Koret Health and Rec Center](#), San Francisco (SCY)

March

5-7 [WCM Intensive Training Camp](#)

13 [Rinconada Masters Spring Meet, Palo Alto, Calif](#) (SCY)

17 Pacific Masters Monthly Meeting, Heather Farms, Walnut Creek

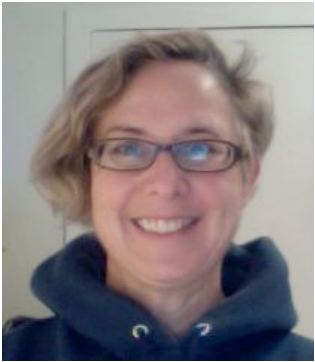
28 SCAM Spring Meet, Berkeley, CA (SCY)

April

16-18 April Pacific Masters Short Course Yards Championships, Pleasanton

...Jim Clemmons

Meet A New Manatee



Cheryl Miller

Q: What workouts do you swim: Typically, I swim the 8:30am Wednesday and Friday and 9 am on Sunday (at least until I get a new job and enough stamina to keep up with the earlier morning group).

Q: Where did you swim previously: I swam on my own at lunchtime at Club One in downtown Oakland. That was before I knew about Masters swimming.

Q: What sounds are playing in your head while you swim: You can hear sounds over your breathing? I used to be able to solve problems when I swam - now I just try to keep count!

Q: Favorite post-swim meal: I can't wait to eat after I swim - I have to eat an hour or more before so I can keep count.

Q: One thing the Manatees should know about you: Can you tell? I can't count laps without Excel? My sister got all the number genes. But I am a great project manager if you know of a good company looking for an organized woman.

Where to find the help you need

Manatee Aquatic Masters
PMP 516, 6114 La Salle Ave, Oakland, CA 94611
<http://www.manateeswimming.org>
Pool location: Holy Names University
3500 Mountain Blvd., Oakland, CA

Coaches

Brian Stack, Head Coach
brianstack@sbcglobal.net

Andy Brown
Claire Donaldson
Andrew Ezer
Peter Finney
Susanne Rublein
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...Annmarie Hallin, Editor