

Manatee Masters Swimming

April/May 2010

Save the Dates

April 16-18	April Pacific Masters Short Course Yards Championships, Pleasanton
June 5 or 6	Possible Manatee Open Water Clinic - exact date, time and location to be announced
June 12	Lake Berryessa Open Water

Messages from the Co-Presidents

MANATEE POTPOURRI – (Now that is an oxymoron - a sea cow with sachet piercings).

Thanks Brian and Tony – That was a fun relay social on Saturday, March 13; must hear/see Kathleen Kline vocals and Kelly as a Synchro-Star on YouTube; and enough bagels to feed both the Saturday and Sunday crowd.

Cecil B de Pankey – if you have not viewed yourself 38 times or told your friends that you are a internet's star – try [YouTube - ManateeSwimmers's Channel](#).

Where are they swimming? – Good golly - 35 Manatee swimmers are leading the Pacific Section (on April 6). 2,531 miles (about 20% of the whole Section); 72.33 miles per Manatee; Beccah Rothchild (100 miles) is way ahead of her goal ; followed by Bern Hale (has 218 crazy miles), Cathy Sychr, Jim Clemmons, Jen Brakeman, Peter Finney and Kathleen Kline – all over achievers. Still not too late to create a Flog via USMS.

Okay, some of us have fallen off the mark. While heading past Martinez on I-680, Gordon stopped to celebrate the birthplace of Giuseppe Joe Dimaggio and the martini. He lost his way since then.

Sign In – Don't have to do it anymore – unless you drop-in. Coaches may soon have high-tech handheld to help keep tabs. Still helps us track your swimming needs and hopefully keep ahead of our budget.

Open Water Clinic – We are working to set up a Coach Brian-lead clinic on how to swim in an open water event. Save June 5 or 6. We are still working on exact day, time and place – maybe Quarry Lakes in Fremont. It will be an informal swim. Let us know (via our Manatee email address or Coaches) if you would attend. Swim would be followed by informal recovery, self-supplied picnic.

Noon Swims (Monday/Wednesday/Friday until August /September) – Still trying to fit this in our budget. We will know by early May if it fits. Look for direct email.

Web Page – Our creative folks are at it. Working on ways to improve our registration/billing and communication/“social networking” efforts. (*Worlds colliding – Luddites are nervous*). Web page links have already been established to our Manatee Aquatic Masters Facebook (see photos tab); videos on YouTube (ManateeSwimmer's Channel); and Twitter. Our Queens of the Networks - Susanne R. and Shannon P. -are all over this. Any suggestions, send them along. These links are a great way to provide photos, videos and other stuff.

Fix Pool Cover – we are working on it.

... Bern Hale and Gordon Jacoby

OMC = OMG! It's Basic Physics - The Discovery of a New Manatee

As a new Manatee, I continually am amazed by how much my coaches, teammates and our workouts inspire me. The other day I got to thinking...

Why do you swim? Do you remember your first love? When it hit, there was no question about it.

But, why do you swim?

Those dreary mornings. Long haul workouts. Grinding descents. Another! 300 Coach?! Sure, there is the camaraderie. The inside jokes about the 5:30 set. The smell of chlorine in the morning.

But, why do you swim?

A year ago, before I joined the Manatee Aquatic Masters swim club, I would have just looked at you. Two weeks ago, I would have answered that question with a shrug and some muttering about health and stress control.

Why do we swim?

Ask me today, and I will tell you OMC=OMG! It's basic physics.

I feel like I have just discovered sliced bread.

It all started with a miserable backstroke. It was lame. I carefully listened to Coach – hips up! Check. Head neutral! Check. Something about the frame of the shoulders in relation to the spine line forming a T..this is hard! Why am I not going anywhere?

I submitted this miserable backstroke to flip video. It was painful for me to watch, but seemed ok to others. Maybe too much roll in the hips? Reaching out of alignment? Crossing the spine line? Da@! I hit the lane line again! So, I continued to spy on those of you with that smooth, sleek, slicing of the

water. I really lusted after your talent. Even though “talent is overrated,” or so Mr. Geoff Colvin writes and I consoled myself.

Then I ‘fessed up. One day after workout I had Coach watch me. Of course he could see it. I was missing it. Missing it? I did not even know it existed! By recovering my arm straight I was missing the moment of compression. Coach didn't call it that. But it was clear to me what it was. Light a lot of things in life...when it hits, there is no question about it.

We swim because OMC = OMG!

Proving this could be like the quest for the Holy Grail. But, I think I discovered that there is a moment in every cycle of every stroke when we have the opportunity to optimize compression of the water around us. Optimized Moment of Compression – OMC.

If we get it right, we shoot forward and improve our split. If we miss it, we have a miserable backstroke. I felt it that day as I pulled my arm toward my hip on recovery, and recognized that the water rushed down the axis of my body. The next time I swam I felt it again. Then I discovered “the moment” in my freestyle kick – squeeze that water out the kick and **IF** I was ready to optimize it (remembering all those other things the Coach had told us)...Wow. Basic physics. (I must have missed that class.) I didn't invent it, but, thanks to the Manatees, now I know why I swim. OMC=OMG! Optimize your moment.

(OMG!? Ask your kids.)

...Cheryl Miller

Swim Meets

Results from the USF SCY Meet, held February 6:

<http://www.pacificmasters.org/comp/10/10UsfScySplit.htm>

MAM swimmers in attendance were:

Juliet Cox, Rebecca Perry, Meredith Anderson, Susie Caso, Ili Selinger, Peter Finney, Rob Heath, Alan Levinson, Mac McClelland, Gordon Jacoby, and Jim Clemmons.

From Will Hale:

Three MAM SCY yards were set at the USF meet. Ili Selinger in the 35-39 age group set a record in the 200 free. Peter Finney in the 40-44 age group set records in the 50 fly and the 200 free.

Results from the Rinconada SCY Meet, held March 13:

<http://www.pacificmasters.org/comp/10/10rincscy.html>

MAM swimmers in attendance were:

Juliet Cox, Sue Stanton, Peg McPartland, Peter Finney, Mike Notaro, Rob Heath, Cary McGregor, and Jim Clemmons.

From Will Hale:

It was a good day to swim the 1000 and be 42. Two MAM records were set at the Rinconada meet. Juliet Cox in the 40-44 age group, set a 1000 free record, and Peter Finney in the 40-44 age group set a 1000 free record.

Results from the SCAM SCY Meet held at UC Berkeley, March 28:

<http://www.pacificmasters.org/comp/10/10Scamschy.html>

MAM swimmers in attendance were:

Juliet Cox, Rebecca Perry, Meredith Anderson, Susie Caso, Peg McPartland, Peter Finney, Sid Levy, Rob Heath, Jeff Glass, Mac McClelland, Gordon Jacoby, and Jim Clemmons.

Congratulations are in order to Sarah Chinn for making USMS All-American (number 1 ranked swim in her age group) for the 1500 SCM free in 2009. A complete listing of MAM All-Americans, throughout all of history, can be found here:

<http://www.usms.org/comp/aa/aalist.php?CourseType=&Year=&Sex=&ZoneID=&LMSCID=&ClubAbbr=mam>

(Note that Bill Clinton was a MAM'er All-American in 1973, before his stint in politics.)

FINA published the world top ten rankings in February. MAM swimmers and their swims as ranked are listed below:

Short Course Meters		
Swimmer	Event	Ranking
Juliet Cox	1500 Free	8
Jim Clemmons	800 Free	7
Jim Clemmons	200 IM	8
Jim Clemmons	400 IM	5
Long Course Meters		
Swimmer	Event	Ranking
Jim Clemmons	800 Free	9
Jim Clemmons	400 IM	3

MAM relays from the FINA Top Ten were as follows:

Short Course Meters:

5th place, Mixed 400 Medley, 160-199:

MAM USA 5:07.62
ROBERT HEATH
SUSANNE RUBLEIN
BRITTA HULT
JIM CLEMMONS

3rd place, Mixed 800 Free, 120-159:

MAM USA 9:40.57
SUSANNE RUBLEIN
C. PANKEY
SARAH CHINN
ILI SELINGER

5th place, Mixed 800 Free, 200-239:

MAM USA 10:05.60
REBECCA PERRY
JULIET COX
BOB UPSHAW
JIM CLEMMONS

The link to the FINA website is:

http://www.fina.org/project/index.php?option=com_content&task=view&id=707&Itemid=331

...Jim Clemmons

The Decision to Compete: Peg and Susie's Journey

“To compete or not to compete - that is the question.” Let us try to convince you to answer yes (and, we might add, in time for the PMS Short Course Yards SCY in April!) Swimming in a meet is fun, rewarding, a good way to get to know your teammates (even those in the fast lanes), and it really makes you feel good while you're earning points for the team.

We've been through all the fears, indecision, heart palpitations, not sleeping, and, yet, we are pretty much hooked on competing in meets now. (Susie's much calmer now and Peg just buys more goggles.) So here's some information that might nudge you to the “yes I will” column.

Relays are really great fun, and less stressful - and, you make lots of points for the team. For some relays, you may need to swim only 50 yards of some stroke (you can do that, you swim a mile at

every workout!) At SCY meets, relay age categories are 50-59, 60-69, etc. based on the youngest swimmer. For meters meets, the sum of the ages must be 200-239, 240-269, etc. Age definitely has its advantages at swim meets! Some relays are mixed (2 men/2 women); others are all women or all men. Relays are best to be organized before the meet. So talk to Brian who will organize who's swimming what, and find out when you need to be at the pool.

You don't have to register to swim a relay, but you do for individual events. Have your USMS I.D. card handy. Choose your events and enter your seed time, your best guess of how fast you'll swim it. The youngsters know their times as well as what they had for breakfast! No worries if you don't. Do a practice 50 or 100 and have someone time you or watch the clock. Write it down when you get home, or you'll never remember if it was

55 seconds or 1 minute 55 seconds. Age categories for individual events are 50-54, 55-59, 60-64, etc. Take a couple of swim suits, towels, sunscreen, dry clothes, and a hat- it's always colder than you think. Pack a lunch, (protein is good) and bring water. A portable chair is good. And, \$, because you'll definitely want to buy a t-shirt.

There are some rules to learn. Like what you can or can't do for a particular stroke. What makes a legal turn? If you dive, what's with the whistles? (By the way, Master's swimmers can alternatively, start in the pool or dive off the pool edge). You don't need to do flip turns. When you know the event(s) you'll swim, ask the coaches or other swimmers for what's legal or not. Examples: Susie should not do a flip turn from back to breast in an IM. Peg should not start an IM with two strokes of freestyle.

You'll find that the Manatees are the very most supportive group of swimmers you could imagine.

How soon to warm up? How long to warm up? How long to cool down? It's OK, ask someone, they'll help you out. And, get this, they'll be there rooting you on and congratulating you when you finish!

It doesn't matter how fast you swim, or how terrible your dives are (Peg!) You'll be swimming in heats with those submitting the similar seed times. You might be surprised and get a ribbon and you'll be hooked for sure.

When we started competing, we even had to consult with one another about when to go to the bathroom before an event. Neither of us sleep well the night before. What am I nervous about? It's 1,2,3 a.m. and I really need my sleep for this. I didn't need that 2nd glass of wine. But you know, we think it's definitely worth it all and hope you'll consider entering an event or two in a meet.

...Susie Case and Peg McPartland

Did You Know

Since March 17, the evening workout start time is now 6:30 p.m. for the Tuesday, Thursday, and Friday night workouts. Mondays will continue at 7:00 p.m. We will maintain this schedule at least until late May when the Haufler swim school begins. As always, check the website or ask the coach on deck to confirm the current workout schedule.

Manatees are Social Networking! If you haven't already, join us on Facebook and Twitter and check us out on YouTube. All 3 will be updated on a regular basis.

Facebook: <http://www.facebook.com/group.php?gid=20721271757&ref=ts#!/group.php?gid=20721271757&ref=ts>

Twitter: <http://twitter.com/mamswim>

YouTube: <http://www.youtube.com/ManateeSwimmers>

Are you Flogging? Join other Manatees as we keep track of our distance on the USMS Flog. If you enter go the distance, you have the opportunity to enter prizes!

<http://www.usms.org/features.php?id=142>

Make sure you let Co-President Gordon know where you are swimming to this year so we can keep our map updated!

...Shannon Pedder

Meet A Manatee

We have a successful author swimming with the Manatees. His name is **Shawn Ginwright** and he usually swims at the 8:30am session. Dr. Ginwright is a leading national expert on African American youth, youth activism, and youth development. His latest book, **Black Youth Rising**, is available for purchase on his website www.shawnginwright.com, through Amazon.com, or through Teachers College Press at Columbia University. Congratulations Shawn. We wish you great success with your latest publication.

...Annmarie Hallin

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

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...Annmarie Hallin, Editor