



## Masters Swimmers 'Camp' With Olympians at Colorado Training Center

The eighth annual USMS/USA Swimming High Altitude Training Camp was held in February at the United States Olympic Training Center (USOTC) in Colorado Springs. Through this camp, Masters swimmers committed to advancing their skills have the rare opportunity to train with top Olympic athletes and coaches and access the world's most sophisticated resources for assessing swimming performance.

Participating in this year's camp were Jo Ann Brooks, 50, Indiana; Denise Brown, 45, Ohio; Leianne Crittenden, 48, Northern California; Arlene Dalmage, 41, Texas; Traci Granger, 46, Southern California; Heather Hagadorn, 39, Colorado; Janet Harris, 38, New York; Mary Pohlmann, 59, Illinois; Nicole Vanderpoel, 40, Colorado; Jim Clemmons, 54, Northern California; Jim Keller, 50, Kentucky; Matt Keller, 35, Illinois; John Morales, 46, Northern California; Jim Norris, 57, Washington; Tom Northcut, 38, Georgia; Dennis O'Brien, 68, Colorado; Bob Schmitz, 51, North Carolina; Tim Shead, 51, Florida.

Serving on the coaching staff were Bob Bruce, coaching coordinator, Oregon; Mark Moore, coach, Mission Viejo (Calif.) Masters; Rick Powers, coach, Davis (Calif.) Aquatic Masters; Steve Thompson, MPT, CSCS, flexibility/ROM; John Walker, USA-S camp coordinator; Charlene Boudreau, nutrition, USA-S; Russell Mark, biomechanics, USA-S; Jonty Skinner, core strengthening, USA-S; Genadijus Sokolovas, physiology, USA-S; Deb Whitney, physiology, USA-S; Scott Boyle, sports psychology, USMS/USA-S; Nancy Ridout, camp director and as USMS past president.

The 2005 camp, with 18 participants, was able to accommodate six more athletes than in past years and was generously sponsored in part by The Olympic Club and H<sub>2</sub>O Velocity. For information on how to apply for future camps, visit the Coaching section of the USMS web site at [www.usms.org/coach/otc.php](http://www.usms.org/coach/otc.php). <<<

## Neuberger Visit Highlights Mid-Year Executive Meeting

A visit by United States Aquatic Sports (USAS) President Dale Neuberger highlighted the USMS Executive Committee mid-year meeting in Dallas, Jan. 6-9. USAS is the U.S. component of the Federation Internationale de Natation (FINA), the world governing body of aquatic sports. Neuberger is also a vice president of FINA. He joined the USMS meeting as both an observer and to respond to questions.

"Dale's input is critical to all of the national governing bodies," notes USMS President Jim Miller. "Dale's advocacy of USMS has allowed us to be an integral part of USAS. We have had increased input into the planning meetings, including the international relations task forces.

USMS has a unique position in that it's

self-governed, which has given us growth potential not seen by any other Masters organizations within the Amateur Swimming Union of the Americas."

Neuberger's visit was a "real sign of the emergence of USMS as an aquatic leader," USMS Treasurer Doug Church points out.

"He has become more familiar with the needs, concerns and visions of each [governing body], and has been most helpful," adds USMS Past President Nancy Ridout.

The USMS Executive Committee used the Dallas meeting to plan and organize activities leading to the annual convention in September. This year's major topics included the USMS governance project, a financial report, the start-up of *SWIMMER* magazine and the preparation of a history of USMS during the current administration.



A complete report of the discussion is included with the minutes of the EC meetings on [www.usms.org/admin/excom/](http://www.usms.org/admin/excom/). <<<



### Take Advantage of USMS Publications and Membership Merchandise

The USMS national office stocks several informative references for Masters swimmers, including the *Masters Open Water Manual* and the annual *USMS National Top Times* reports. The *2005 USMS Code of Regulations and Rules of Competition* is now available for purchase for \$9. To order your printed copy, send a check or money order payable to USMS for \$9 to USMS National Office, P.O. Box 185, Londonderry, NH, 03053-0185.

In addition to publications, the national office offers a number of membership items for sale including USMS decals, luggage tags and note cards. For more information about these items and others, visit the National Office section of the USMS web site at [www.usms.org/admin/natoffice.php](http://www.usms.org/admin/natoffice.php), or phone Tracy Grilli, national office administrator at 800-550-SWIM. <<<

### Calling Thirty-somethings... Your Help Is Needed to Recognize Peers

The USMS Recognition and Awards Committee is looking for a volunteer to represent the 30 to 34 age group in Masters. Among its many activities, the Recognition and Awards Committee reviews and approves proposals for all official non-competitive USMS awards. If you are in the 30 to 34 age group and are interested in becoming involved in service on the national level, contact Kathy Casey, 253-588-4879, [awards@usms.org](mailto:awards@usms.org). <<<

### USMS Officer and Director Nominations Due April 30, Elections Slated for September

United States Masters Swimming will hold elections at its Annual Meeting of the House of Delegates, Sept. 14-18, during the USAS Convention in Greensboro, N.C. All officer and director positions on the USMS board are up for election. The nomination deadline is April 30, 2005, so there is still time to submit a nomination.

Nomination packets may be obtained from the Election Section of the USMS web site ([www.usms.org/admin/election05](http://www.usms.org/admin/election05)), or by contacting Election Chair Lynn Hazlewood at [zones@usms.org](mailto:zones@usms.org). <<<

### Would \$1,500 Help Your Local Masters Organization?

Nike Swimwear, a USMS national sponsor, has established a \$1,500 grant intended to help an LMSC or a registered USMS club defray operating costs, including coaching, pool rental, sending delegates to the USMS convention and other expenses. Nike Swimwear will also host a swim clinic at the LMSC or club selected as grant recipient.

To qualify for the grant, all members of your group must be registered with USMS. Applicants are asked to write a one-page letter detailing how the grant and swim clinic would benefit your organization, and describing how you promote USMS in your area.

Grant applications must be received no later than April 30, 2005. The recipient will be announced in the July/August issue of *SWIMMER*, and on the USMS web site. Send application letters to Nike Swimwear Grant, Mel Goldstein, USMS National Sponsor Liaison, 5735 Carrollton Ave., Indianapolis, IN 46220. <<<

### USMS Web Redesign Includes SWIMMER Site

The USMS web team, led by webmaster Jim Matysek and his assistant, Marian Briones, has unveiled the redesigned USMS web site and a new web site for *USMS SWIMMER*.

The redesigned site features an easy-to-use, database-driven navigation system, restructured information and more graphics. Improvements in the navigation system allow flexible access to the entire site from interior pages.

"The home page is the centerpiece of the design," says Lynn Hazlewood, web team administrator. "The center column allows us to post special events, display the latest information on events that need a continuing presence on the home page and provide a quick update on what's new on the web site (part of the "What's New" Discussion forum)," she notes. "Sidebars feature USMS sponsors, links to the USMS Store, press releases and a listing of recent articles on health, fitness and training." Other new features include an improved user interface, the ability to resize text, print the current page and e-mail the current page.

The *SWIMMER* site ([www.usmsswimmer.com](http://www.usmsswimmer.com)) is a companion to *SWIMMER* magazine, offering information on the current issue, subscriptions and advertising. It will eventually house archive materials from the magazine. <<<

### USMS CONTACTS

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### WEB LINKS

**United States Masters Swimming (USMS):** [usms.org](http://usms.org)

**USMS SWIMMER:** [usmsswimmer.com](http://usmsswimmer.com)

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