



Nationals News

Issue 4 ~ Page 1 ~ Thursday, May 17, 2007

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS



DAY 1, THE MEET OPENS

The 1000 and 1650 Freestyle were swum today as the 2007 edition of USMS Short Course Nationals got underway. On a beautiful day in the Pacific Northwest, the men took center stage with six national records set in five age groups.

Three of the records were set by "Mc's". Can you say Mc-Record? In the 1000 free, **Jeff Erwin** (42,SAWS), swam a 9:37.46, bettering his own record, and **Paul McCormick** (60,CMS) set a new record with a 11:09.94.

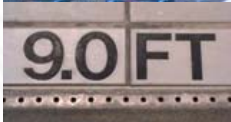
In the 1650 free, **Jim McConica** (56,VCM), did a similar repeat performance by bettering his old record with a 17:11.12. **James McCleary** (61,PNA) swam a 19:16.25, **Tom Landis** (65,OREG) swam a 19:16.25 and **Graham Johnston** (76, MOST) swam a 22:21.61 which was over a minute faster than the previous record set in 2000.

The pool looked as much like a warm up pool as a warm down pool at the end of the meet. Some

swimmers were warming down from their long distance swims, but many other swimmers were coming in to get their first dip in the cool, deep and fast waters of the Aquatic Center. Many eager to get their first swims of the meet will get their change tomorrow, with our first taste of some stroke events, relays and the 400 IM.



Tom Landis from Oregon checks in using the on-line check-in station. It is a good thing he did, he went on



HAVE YOU HUGGED YOUR MASSAGE THERAPIST TODAY?

Long distance day. A day where like-minded slow twitch fiber enthusiasts gather together to see how long they can try the patience of their lap counters. (By the way, did you notice team SLO—slowtwitch.com? Peggy McDowell-Cramer, this was YOUR day!). This is a day where you get nervous when you heat is only four heats away, and then you realize that it is still an hour and a half of waiting, and chill out again.

I too joined into the foray of milers. I wanted to come away with at least one medal and I figured that the 1650 was the best way to do it. I hopped in and swam my 1650, with my lovely wife volunteering to count my laps. I didn't realize she was in cahoots with my coach.

I made things complicated by giving her specific split goals for each 500 and to shake the lap counter like crazy if I was slower than my goal. I told her if she wasn't sure, to look at my coach

and she would help her to know whether to hold me back or speed me up. (You know where I am going, don't you)

First 500, she was shaking like crazy. I went faster. Second 500, still shaking, and I drew down and went faster. Third 500, you guessed it, more shaking. When I finished, I thought I had swum poorly since there was "a whole lotta shakin' goin' on", but I actually dropper 15 seconds off my personal best. When I wondered how, my wife let me know that every 500 she asked my coach what to do, and coach just said, "get him going!". I think this is a natural coaching response (known in Latin as coachus speedemupidus), probably ingrained at an early age. Try it sometime. Ask your coach if you should go faster and just see what happens. I dare you.

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Former Olympians at 2007 Nationals:

**Colette Crabbe
Belgium 1976**

**Jeff Farrell
USA 1960
Gold Medalist**

**Graham Johnston
South Africa
1952**

**David Radcliff
USA 1956**

**Roque Santos
USA 1992**

**Murray McLachlan,
South Africa**

**Anthony Erwin
USA 2000
Gold Medalist**

**Susan Von der Lippe
USA 1980,
1984, 1988
Silver Medalist**

WATER POLO EXHIBITION TODAY

Be sure to stay until the conclusion of the meet Friday when will have a water polo exhibition featuring the **Flamingos** and the **Otters**. The two teams take a different approach, but the end result is a great enjoyment of the sport.

The Flamingos are represented at this Nationals by **Tracy Grilli, Lisa Dahl, Kim Crouch** and **Laura Kessler**. They were formed in the summer of 2005 to field a team at 2006 Worlds at Stanford,. Because they come from eight different states they only practice at major competitions, which means a couple of times a year.

Some of the Flamingos played in college but many just started. They are all accomplished swimmers though, and they rely heavily on speed and endurance to tire the other teams out.

The Otters are a very diverse group represented at this Nationals by **John Leet**, who played for a nationally top ten ranked high school from Missouri. He started playing last year after a 42 year hiatus. Their team members also have a

range from college experience to those who have just started. Unlike the Flamingos, the Otters have two practices each week, with drills for 45 minutes and scrimmaging for 45 minutes. Their team has traveled to Vancouver, Victoria and San Francisco.

Lisa Dahl likes the speed of the sport, which helps her swimming. She is a 'drop-dead' sprinter and uses her speed to get open. **John Leet** also sees the sport helping his sprinting as well, dropping a second on his 50 Free this year. He cautions that it can also mess with your stroke if you don't continue to do good stroke work in your swim work out. He enjoys the contact aspect and says there is no real danger of serious injury. Both agree that the camaraderie is a big part of the fun, getting together with friends, tossing the ball around and having a blast during and after practice.

Both teams hope to go to Water Polo Nationals in Irvine, CA in June and Perth, Australia next year for Masters Worlds. Find out more at www.usawaterpolo.com.

HUGGED, Continued

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Into the warmup tank I went and realized another interesting phenomenon with the mile. During the mile I figured with a 14 stroke average per lap I had raised my arms over my head 924 times. Why then would my arms decide that the warm down pool is the perfect place to stage a minor insurrection and decide to not go any higher than my shoulders? People thought I was just doing my salute drill, but I was busy overcoming a coup.

Which brings me to the massage therapist. I have a friend who went to Olympic trials. He told me that one regret in his training was that he didn't add enough massage to his regimen. I decided to heed his advice and took my rebellious arms to the massage room.

We have two massage therapy groups at this meet, **Northwest Sports Rehab** and **Washington Sports Massage Team**, located just past the timers office under the East bleachers. I paid my miniscule \$15 to enlist **Touraan Smith** from Northwest Sports Rehab, who proceeded to wage war against my rebellious lats. In 15 minutes time, I walked out and tested out my conquered foe. "I can streamline again" was my victory cry.

So in the next few days, either before your event as a "limber and loosen up" therapy, or after your event as a "recovery and regroup" therapy, my advice to you is to take advantage of this service as often as necessary. They are soldiers and your muscles are the battlefield. At the end of the day, ask yourself, "Have I hugged my massage therapist today?"