



Arkansas Swim News

December, 2010

ARKM Swimmers Achieve Top Ten Times

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Doug Martin, our Top Ten Registrar, has reported that Arkansas Masters swimmers achieved 30 Top Ten times in long course meters (LCM) and 13 Top Tens in short course yards (SCY) for events nationally in 2010. Doug stated that this is the fourth highest number of Top Tens for Arkansans in ARKM's history.

Those achieving Top Ten Times (LCM):

Dorothy Burke (70)-100 back, 200 back, 50 breast, 50 fly, 100 fly

Arthur Kidd (90)-50 free, 100 free, 50 back, 100 back, 200 back

Bud Jackson (91)-400 free, 1500 free, 100 breast, 200 breast

Bill Keller (88)-50 free, 100 free, 50 back, 100 back

Frank Lorge (60)-50, 100, 200 back

Marvin Schwartz (62)-800 free, 200 back

Lynn Palmer (71)-50 free, 50 breast

Carolyn Haefner (71)-50 breast, 100 breast

David Gillanders (71)-200 back

Colin McClain (42)-50 free

Lori Terlouw (46) 100 back

Earlier in the season, four swimmers achieved Top Ten performances in short course yard events:

Dorothy Burke (70)-50, 100, 200 breast, 200 and 400 IM

Noel Strauss (37)-50 and 100 free

Doug Martin (57)-50 and 100 free, 50 fly, 100 fly

Jack Gooding (56)-50 and 100 fly

Bud Jackson had Arkansas' sole #1 time in the country in the 90-94 200 (LCM) breast-stroke.

Tall Chief Challenge

Thirteen Arkansas swimmers participated in the Tall Chief Challenge, the annual open water event held in Sand Springs, OK on August 29. Water and weather conditions were perfect and Arkansas swimmers had great swims.

Two Mile event results:

MEN

1. **David Sexton**, Fayetteville
2. **Alan Diamond**, Fayetteville
3. **Ricky Murphy**, Ft. Smith
4. **Jeff Spencer**, Lowell
5. **Steffan Sorkin**, Fayetteville
6. **Steve Lisle**, Springdale
15. **Jeremiah Paris**, Fayetteville

WOMEN

2. **Mary Llew Anders**, Ft. Smith
7. **Deb Spencer**, Lowell
9. **Hannah Paris**, Fayetteville

One Mile

MEN

15. **Rick Murphy**, Ft. Smith

WOMEN

11. **Bonnie Murphy**, Ft. Smith

1/2 Mile

5. **Rick Anders**, Ft. Smith

Your Core in Swimming

According to Swim Smooth, a coaching company for triathletes and swimmers, the stroke technique should be fluid and relaxed but your core should be strong and engaged when you swim-creating a bit of a paradox-all the time you're trying to be relaxed and fluid with your stroke you need to be strong through your core-all the way from your glutes to your upper spine.

Having a strong stable core, they say, makes you more torpedo-like so you spear through the water in a straight line. It also helps to connect your arm strokes to your core, allowing you to use your whole body to drive your arm propulsion, not just your small shoulder

muscles.

They recommend stretching your core-from your pelvis to your rib cage-while you swim. As you swim, they advise you to stretch tall through your core. This will engage your lower core muscles.

They also encourage swimmers to squeeze the butt muscles-the lower core muscles-while swimming.

With respect to posture, they say desk jobs often leads to hunched shoulders and to a swinging arm recovery technique-coming wide around the side rather than over the top of the body which causes cross-overs.

Black Friday Swim

Hello, boys and girls. Jeff Spencer wants to know if you would like to transition into men and women. On November 26 (the day after Thanksgiving) at 5:30 am, Jeff will be hosting the "Black Friday Swim" at the Jones Center in Springdale (see calendar). The workout will be 100 x 100's-10,000 yards. All you need to bring is your swim suit and plenty of fluids. Jeff will provide the pool and accompanying music. If you haven't swum that far before this is your chance to push yourself beyond your norm. This special event is for all masters swimmers-not just those with a history of psychiatric problems.

USMS Annual Convention, Dallas

From September 14-19, United States Aquatic Sports (USAS) held its annual convention in Dallas. The rules of FINA (Federation Internationale de Natation Amateur) require that each participating country have a member federation and, for the U.S., USAS is that federation. Within USAS, each aquatic sport has a national governing body. Those bodies include USA Swimming, US Diving, US Synchronized Swimming, US Water Polo and US Masters Swimming. All groups held their annual meeting in Dallas.

US Masters Swimming holds its many committee meetings governing topics such as rules, open water, history

and archives, championship, finance, records, fitness and sports medicine. Decisions are made for the upcoming year regarding where national championships will be held and who will be sponsoring them. Votes are taken on the budget, organization, rules changes, etc. in House of Delegate meetings which are held four times over the four day meeting. The picture below is a House of Delegate meeting in session where, actually, the majority of the time is spent voting on proposed changes to rules of competition. Discussion is usually quite spirited on the hot topics such as swim-

wear rules and frequently occurs in the context of whether USMS wants to remain consistent with USA Swimming or FINA.

Also, each Zone holds a meeting. Representatives from our South Central Zone met and decided to begin maintaining zone relay records. Also decided was to send zone records from each meet to the Zone Records Chairman, Susan Ingraham. It was also decided that the SCY Zone Meet was to be held at the Josh Davis Natatorium in San Antonio (April 1, 2, 3) and the LCM Zone Meet at the Conroe Natatorium in Shenandoah, TX (July 22, 23, 24). The Woodlands will also sponsor an additional SCM meet in 2011 and 2012.



Arkansas Senior Olympics

Once again, **Lynn Palmer** obtained a USMS sanction for the Arkansas Senior Olympics swimming event held in Hot Springs on September 18. This meet may have fielded the largest group (9) of Arkansas Masters swimmers ever to attend this annual Senior Olympics event, which also attracted swimmers from Mississippi, Tennessee and Texas. The Arkansas Masters participants included the following swimmers:

Ron Bank, 63, 2nd 50 fly, 1st 50 free, 4th 50 breast, 1st 100 free

Flo Dietz, 75, 1st 400 free, 1st 100 breast, 1st 200 back, 1st 100 free, 2nd 50 breast

Bill Keller, 88, 1st 100 back, 1st 200 free, 1st 50 free, 1st 100 free, 1st 50 back

Arthur Kidd, 90, 1st 400 free, 1st 200 back, 1st 100 back, 1st 50 free, 1st 100 free, 1st 50 back

Coak Matthews, 55, 1st 100 IM, 1st 100 free, 1st 50 free, 1st 50 breast

Leanna McClendon, 57, 2nd 400 free, 1st 50 free, 1st 100 IM, 1st 100 free, 1st 100 back, 1st 50 fly, 1st 100 back

David Gillanders, 71, 1st 50 fly, 1st 200 back, 1st 200 free, 1st 100 IM, 1st 400 free

Lynn Palmer, 71, 1st 50 free, 1st 100 IM, 1st 50 breast, 1st 100 back, 1st 50 back

Kurt Schmitt, 79, 1st 50 fly, 1st, 100 breast, 1st 200 breast, 1st 100 fly, 1st 100 IM

Margaret Schmitt, 72, 1st 200 free, 1st 400 free, 2nd 100 free

Robert Williams, 64, 2nd 400 free, 1st, 200 free, 3rd 50 free, 3rd 100 free, 2nd 50 back

Are You Serious?!

\$373 million-the amount spent in 2008 by visitors to Vermont to see the fall foliage

25-the percent of women who get migraines sometime in their lifetime-8% of men

\$150-the average amount spent for a patented prescription vs. \$40 for a generic

25-percent of people between the ages of 65-74 who are working or seeking work

67 mph-the maximum speed of the roller coaster at New York-New York in Las Vegas

50,000-the average amount of teeth a shark can lose in a lifetime

21-weight in oz. of a basketball as compared to a soccer ball (15), football (14.5), baseball (5.1)

322-number of foreclosure notices issued per hour last year

\$7,701-the average credit card debt last year in U.S. (\$177,186 home mortgage loans, \$14,873 auto loans)

\$186-average family's shopping bill increased because of shoplifting

31-percent of U.S. bachelor's degrees in science or engineering compared with 63% in Japan and 53% in China

36-average age of open water swimmers

75%-the increase in risk of cancer for people younger than 30 who use tanning machines

4-the number of books read by the typical American in a year-one in four adults reads none

23-percent of American married couples who sleep in separate beds

Int'l. Masters Swimming HOF

The International Masters Swimming Hall of Fame is part of the International Swimming Hall of Fame in Ft. Lauderdale. In Dallas this past September, the IMSHOF honored five athletes. The masters athletes must have competed at least 16 years, spanning four five-year age groups. Other criteria include world rankings, world records, world championships and USMS rankings. The athletes receiving recognition were **Andrew Burke** (USA)-water polo, **Richard Burns** (USA)-swimmer, **John Conner** (USA)-diver, **Lois Nochman** (USA)-swimmer, **Bonnie Pronk** (Canada)-swimmer and **Barry Young** (NZL)-swimmer.

RENEW ONLINE

Now is the time to renew your membership in Arkansas Masters for the year 2011. USMS and Arkansas Masters membership follows the calendar year and expires December 31. If you register in November or December your membership will be valid for 2011. Registering online is simple and easy and your membership card is printed immediately. Also, renewing your membership online relieves our Registrar, **Brent Tininenko**, of tons of extra work. You may have already received an e-mail from USMS inviting you to register online. If not, you can register online by accessing the Arkansas Masters Swimming website. **David Gillanders** has established a link with USMS to allow online registration.

OK Tall Chief Open Water Challenge, August 29



2010 CALENDAR

11/26	Black Friday Swim 100 x 100	5:30 am-8:30 am Jones Center, Springdale	Jeff Spencer theranch@cox.net
1/22	USMS One Hour Swim	YWCA (BCSCC) 1200 Cleveland	Ron Bank, (c)-501-680-0612 home-501-224-7571
4/1-3	South Central Zone SCY Meet Championships	Josh Davis Natatorium San Antonio, TX	USMS website
4/28-5/1	2011 Spring Nationals Short Course	King Aquatics Complex Mesa, Arizona	USMS website
7/22-24	South Central Zone LCM Meet Championships	Conroe Natatorium Shenandoah, TX	USMS website
8/3-6	2011 Summer Nationals	Auburn University	USMS website