



Arkansas Swim News

June, 1010

Arkansas Masters Swimmer of the Year

Roger Henry has been selected Arkansas Masters Swimmer of the Year for 2009. Roger, who lives in Fayetteville, began swimming regularly in 1998 after his wife learned she had a terminal illness. He was 47 years old and figured it was time to get fit again.

He joined Arkansas Masters the following year and swam in his first meet at the Wal Mart Invitational in Bentonville in 1999. Soon he started setting state records and, by the time he was in the 50-55 year age group, he had amassed 12 state records in breast stroke and freestyle.

In addition, Roger has served as Registrar for the past eight years and has maintained the registration process, interfacing with National and getting our club through major changes to the

masters registration system.

Roger's enthusiasm, his swimming accomplishments and his contributions to Arkansas Masters swimming make him a worthy recipient of this award.



Arkansas Masters Officers

Chairman

Jeff Spencer
theranch@cox.net

Registrar

Roger Henry
rhenry@uark.edu

Treasurer

Cathy Dawkins
cjd4bys@cox.net

Records

Marvin Schwartz
schwartz921@sbcglobal.net

Top Ten

Doug Martin
dhmartin@stephens.com

Webmaster

David Gillanders
jdg@astate.edu

Sanctions

Lynn Palmer
jtoms@arkansas.net

Newsletter , Secretary

Howard Rutenberg
howard.rutenberg@gmail.com

HOF Meet, UALR, April 24

On April 24, UALR hosted the sixth annual Hall of Fame Swim meet. Over 40 swimmers participated. Elite swimmers attended along with new swimmers attending their first meet and all others in-between. As with last year's meet, many Arkansas records fell. Last year's event saw 15 women's state records and 22 men's records fall. This year, 11 women's records and 18 men's records were eclipsed. The following swimmers set state records:

Alyson Hannan, 31-50 free, 100 free
Leanne McClendon, 57-50 free, 50 back
Katie Mathews, 21-100 free

Flo Dietz, 74-200 back
Dorothy Burke, 70-50 breast, 100 breast, 200 breast, 400 IM
Debbie Lewis, 35-50 fly
Noel Strauss, 37-100 free
David Gillanders, 70-100 free
Calvin Schildknecht, 25-200 free
Trip Strauss, 52-200 free
Howard Rutenberg, 62-1000 free
Frank Lorge, 59-50, 100, 200 back
Marvin Schwartz, 61-50 back
Brent Tininenko, 48-100 back, 200 back
Julian Bickell, 29-50 breast, 50 fly
Barry Ridings, 55-50, 100, 200 breast
Timothy Thor, 33-50 fly
Doug Martin, 56-50 fly

Arkansas Swimming Hall of Fame

The Arkansas Swimming Hall of Fame held its annual awards banquet and induction ceremony on April 24 at the La Quinta Inn in Little Rock. Age group swimmers, collegiate swimmers and divers, coaches and volunteers were honored at the event. But most importantly, **Mary Dawn Blair** and **Neka Mabry** were the 2010 inductees into the Arkansas Swimming Hall of Fame.

Mary Dawn Blair has dedicated the past 30 years to Arkansas swimming. There was hardly a swim meet in Little Rock in which she did not serve a role, most usually as the official head of Colorado Timing Systems, but also as the meet

director, awards coordinator, etc. Mary Dawn has been involved on the team level and in Arkansas Swimming as the Awards Chair, Top 16 Chair and as a Board member for many years. As the swim coach for Mt. Saint Mary, she has been named Arkansas High School Coach of the Year.

Neka Mabry began swimming at the age of ten and was 11-12 year old ASI Swimmer of the Year in 1995 after setting many LSC records. She was ASI 1996 Swimmer of the Year, ASI 1997 Female Swimmer of the Year, ASI 1997 Swimmer of the Year, ASI 1998 Swimmer of the Year, ASI 1999 Swimmer of the Year, ASI 2000 15-18 Female

Swimmer of the Year and ASI 2000 Female Swimmer of the Year. She swam as a Central High School Tiger and set Arkansas State High School records in the 50 yard freestyle, 100 yard freestyle, 100 yard backstroke and 200 yard IM. In 1998 and 1999, Neka qualified for both the Junior and Senior National Championships. She qualified for the 2000 U.S. Olympic Team Trials in Indianapolis.

Neka attended the University of Georgia and contributed to the 2001 NCAA National Championship won by the University of Georgia in 2001.

More on the AR Swimming HOF

The Arkansas Swimming Hall of Fame was initiated in 1986 and has inducted persons every year since. The following current Arkansas Masters Swimmers are members of the Arkansas Swimming Hall of Fame (year of induction):

Doug Martin, Little Rock (1998), **Ron Bank**, Little

Rock (1995), **Eric Heil**, Fayetteville (1998), **Marvin Schwartz**, Little Rock (1999), **Bud Jackson**, Ft. Smith (2002), **Trip Strauss**, Little Rock (2003), **Mike Booth**, Little Rock (2004), **David Gillanders**, Jonesboro (2006), **Anita Parisi**, Fayetteville (2006), **Larry Golden**, Little Rock (2008).

How Much Exercise Will Prevent Weight Gain?

Losing weight is difficult and keeping it off may be even harder. Harvard researchers set out to determine how much physical activity women need in midlife to avoid gaining weight as they age.

They found that an hour of moderate activity a day-including activities such as brisk walking, leisurely bicycling and ballroom dancing-prevented women of normal weight from gaining more than five pounds over any three year period. Half

that amount of vigorous activity like running, jogging, fast biking or swimming will do the trick as well, they said. Women who got the same amount of exercise but were heavier to start with were not able to avoid gaining weight, however.

This was a 15 year study which followed 34, 079 healthy women with an average age of 54 at the beginning. Researchers did not take diet into account.

ARMS AND LEGS

Although swimming is considered a “total body” sport, there is variation in the use of arms and legs in the various strokes. According to Fitness Swimmer magazine, the ideal breakdown is as follows:

Stroke	Free	Back	Breast	Fly
Power from Arms	80%	75%	50%	65%
Power from Legs	20%	25%	50%	35%

Feedback and Input

Please let your newsletter editor know if you have comments regarding content. We would also encourage input for publication in subsequent newsletters. Some of our finest articles have come from members. Our newsletter is published quarterly-next issue will be distributed the first week of September.

AR Masters on Facebook

Jeff Spencer has started a group page (“Arkansas Masters Swimming”) that you can check out (www.facebook.com/group.php?gid=347853794808). Jeff hopes this will facilitate communication regarding Arkansas swimming and programs throughout the state.

Short Course Nationals

Another stellar performance on the national stage by Arkansas swimmers occurred at SC Nationals held May 20-23 at the Georgia Tech Aquatic Center in Atlanta. Arkansas was represented by six swimmers who swam in 24 events and had 21 top ten finishes, including one first, one second and one third place finish. There were a total of 1,971 swimmers and Arkansas finished 47th out of 158 local clubs.

Name	Event	Time	Place
Calvin Schildknecht, 25	500 free	4:55	7
	50 breast	27.6	11
	100 breast	1:00.3	10
	400 IM	4:27.3	4
Doug Martin, 57	50 free	22.33	1
	100 free	51.05	4
	50 fly	25.14	4
	100 fly	58.35	6

Noel Strauss, 37	50 free	21.31	2
	100 free	46.87	3
Frank Lorge, 59	50 back	30.21	10
	100 back	1:04	5
	200 back	2:19	5
Jack Gooding, 56	50 fly	26.06	6
	100 fly	57.97	5
	100 IM	1:02.1	11
	200 IM	2:20.4	10
	400 IM	5:07.3	11
David Gillanders, 71	50 free	30.75	7
	100 free	1:14.2	10
	200 free	3:00.6	10
	50 back	37.9	7
	100 back	1:31.4	8
	200 back	3:37.8	7

Are You Serious?!

23, 31, 32-percent, respectively of the glass, iron and aluminum consumed in the US goes into making vehicles.

28-percent of US wives who earned more than their husbands in 2008, up from 4% in 1970

68-percent of people in a 15 country survey who said that, given a do-over, would marry the same person

36-cent in pennies, of each 12 ounce glass of beer when you

buy the keg

7.5 million-number of US mortgages past due or in foreclosure

200 million-people who joined Facebook in 2009

13,500-average number of e-mails received per person last year

150 million-number of hot dogs eaten on the fourth of July

139-US newspapers that

folded in 2009

1 in 4-the number of bottles of wine sold in the US that comes from E J Gallo Winery

One-coffee is the number one source of antioxidants in the US diet

29-the number of men the average woman kisses before getting married, according to Match.com

10-percent of worldwide music industry revenue now comes exclusively from ring-tone sales

\$80—price of a 30 minute hand massage and heat treatment to soothe business travelers' painful BlackBerry/I Phone thumb at Hyatt Hotels

66-Arkansas state Masters records set at the last two HOF Meets at UALR

AR Masters Swim Clinic

On April 10, a swim clinic was held for Arkansas Masters swimmers and others at the Jones Center in Springdale. Twenty swimmers attended and were divided into four groups based on level. The four instructors were **Anita Parisi, Kristen Thibodeaux, Aaron Thomas and Jerry Spencer.**





2010 CALENDAR

6/12	NW Aquatics Masters Swimming Invitational	Melvin Ford Aquatics Center, Bentonville	Lori Terlouw swimfans@cox.net
7/17	Ft. Smith Long Course Masters Meet	Creekmore Pool Ft. Smith	Ian Bullock details to follow
7/17	Arkansas Masters Annual Meeting	Ft. Smith-Immediately following meet	Jeff Spencer
7/25	Arkansas Naturals Swim Night	Arvest Ballpark Springdale	Jeff Spencer details to follow
8/9-12	USMS Summer Nationals	San Juan, Puerto Rico	usms.org
9/6	Ozark Open Water Swim	Beaver Lake Springdale	details to follow
9/15-19	USMS Convention	Dallas, TX	usms.org