



Arkansas Swim News

September, 2011

USMS Long Course Nationals, Auburn

Some 688 swimmers attended the USMS Long Course Nationals Meet August 3-6 and were awed by the numerous banners honoring the eight-time men's NCAA champions, five-time women's NCAA champions and 22 SEC titles. **Misty Hyman**, who had won a gold medal in the 2000 Olympics in the 200 fly was on deck several days.

Arkansas had four swimmers attend.

Doug Martin , 58, Little Rock		
50 fly	29.3	4th
50 free	26.9	4th

John Ragland , 24, Hot Springs		
200 free	2:24.8	1st
100 fly	59.6	1st
50 fly	26.7	2nd
100 free	54.9	3rd
50 free	25.1	3rd

Howard Rutenberg , 64, Hot Springs		
800 free	13:32	7th
400 free	6:31.3	10th
100 free	1:17.4	8th
50 back	44.6	11th

Marvin Schwartz , 63, Little Rock		
800 free	11:25.7	4th
200 back	3:02.6	5th
400 free	5:44.2	6th

Arkansas Masters finished 17th out of 43 teams in the men's division of swim clubs with 87 points.

There were several inspirational swims at the meet including a world record set by 80 year old **Ann Hirsch** (California) in the 200 IM (4:18) and the 200 breast (4:20.6).

Also, **Roderick Sewell** (19), Georgia, a double leg amputee veteran swam a 1:21 100 freestyle.

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Long Course Nationals (continued)

In addition to the two world records set by **Ann Hirsch** (mentioned above), 34 USMS national records were broken in Auburn (33 individual and one relay). Twenty two of those records were Masters world records.

Two world records were set by **Steve Wood**, 51, from the Ft. Worth area. Steve has attended our NWA meets in Bentonville in the past.

Steve set a new world record in the 50 backstroke. The world record for that event had been 29.43 and Steve swam a 28.6.

Steve set a second world record in the 100 backstroke, swimming a 1:01.8, beating the world record by 1.1 seconds.

Next summer's USMS Nationals will be held at the Qwest Center in Omaha, Nebraska July 4-8 in the pool that will be used for the U.S. Olympic trials. The trials will be held from June 25-July 2.

Olympic trials tickets are available at usaswimming.org

Jim Lincicome (56) from North Little Rock set the 55-59 state record for the 500 free on his way out to his 1,000 at the Hall of Fame Meet in April.



Five Easy Things You Can Do Better Right Now

According to Coach **Dave Samuelsohn** (Westchester, NY), we can focus on the following for immediate improvement:

Warm Up

Warming up will improve your whole workout-your performance. This is the best time to really focus and work on your stroke while your mind is fresh and muscles not fatigued. Do some drills and incorporate tips you have been given.

Enter

Use every opportunity to DIVE IN. And think like a diver-have the prettiest entry you can, streamlined and sexy-not even the hint of a splash. Slip in through the

smallest donut hole you can. Do this every workout until this ultra-clean entry is yours. It's a habit that will help you maintain your speed on all of your starts and it feels great.

Push Off

After your dive, you're never moving faster than when you push off the wall. It is easy to make this an advantage at every wall IF you think about it and make it a habit. Keep your speed beyond the backstroke flags every time before breakout.

Breathe Right

There are easy things you can do to do a better job with air exchange. To

breathe well you need to exhale well and keep a regular exhale rhythm. Try taking a good breath then releasing a little of it immediately before gradually exhaling the rest with a regular rhythm. You'll make better use of your oxygen and reduce the feeling/pressure of needing to breathe.

Stretch

Stretching is important to allow us to move with less effort, to speed recovery from frequent workouts and to prevent injury.

Why We Swim

Bill Davis, a Masters swimmer from Charlotte, NC, keeps getting asked why anyone in their right mind would be getting up at 5:00 a.m. and jump in cold water and why anyone would parade around in a Speedo-among other questions.

He says that it is probably impossible to overstate the physical benefits of swimming. In addition to decreasing the risk of chronic illness, reducing the risk of heart disease, etc., swimming helps him feel better generally, improves his sleep and has improved his physical appearance. He suggests that at the next swim meet look around and ask yourself where you will see that many fit looking adults in one place.

Ft. Smith Masters Long Course Meet

The weather was warm but the water was, well, actually cool thanks to the efforts of meet director **Ian Bullock**. The annual meet at Creekmore Park on July 16 was a wonderful success with a great social that followed. Thanks to Ian, **Rick and Mary Llew Anders** and to **Brent Tininenko** who did an excellent job as meet referee. Brent swam his events without relinquishing his referee duties-the ultimate example of multi-tasking.

The annual meeting of Arkansas Masters was held after the meet. Meeting minutes are attached.

He says that his first few years of Masters swimming, he trained mostly on his own. It wasn't until he joined a team that he realized the social value to training with a group of people. He states that swimmers make great friends. His team's Saturday post-workout breakfast is one of the highlights of his week.

He says that although most Masters swimmers do not attend meets, we all compete in our own ways at the pool-even in practice.

Regarding Speedos, it is just what we wear.

South Central Zone Long Course Championship

David Gillanders (72) and **Howard Rutenberg** (64) joined 227 other swimmers at the South Central (AR, OK, TX) Zone Long Course meet in Shenandoah, TX July 22-24.

David swam in the 200 back (1st), 50 fly (2nd), 100 free (2nd), 50 back (1st), 200 free (3rd), 100 back (1st) and the 50 free (3rd).

Howard swam the 1500 (3), 400 free (3), 50 back (2), 100 back (2), 50 free (4) and the 800 free (2).

Graham Johnston (80)-Houston- broke the world records in the 1500 (25:10) and 800 freestyle events (13:03).

Northwest Arkansas LC Meet

Perfect weather conditions greeted swimmers at the Northwest Arkansas Long Course Meet in Bentonville on June 11. State records set at the meet:

John Ragland, 24

100 free (58.9), 100 fly (1:03.7), 200 free (2:19.3), 50 free (33.3)

Jeff Spencer, 53

200IM (2:54.3)

Roger Henry, 60

50 breast (42.2), 200 breast (3:42.7), 50 free (33.3)

Mary Llew Anders, 48

100 free (1:14.3), 200 free (2:49.8)

Lynn Palmer, 72

50 back (59.4), 50 free (45.9)

Brittany Potter, 22

50 fly (32.04), 50 free (31.3)

Steffan Sarkin, 51 1500 free 24:13



Are You Serious?!

34-percent of adults who say they eat breakfast every day

275,000-the number of men who ran full marathons in 2009, a 26% increase over nine years

80-percent of rum consumed in the U.S. that comes from Puerto Rico

1970-the year that a Scottish swimmer was the first to wear a cap and goggles in a major competition

17-the number of years the average masters swimmer remain in the sport

25-approximate percent of time that runners spend recuperating from injuries

70-the age that Jack Lalanne swam 1.5 miles towing 70 boats (1984)

12 million-the number of annual visitors to Beijing's Palace Museum vs. 9.5 million to the National Air and Space Museum in D.C.

164-percent of increase of e-book sales in 2010

64-percent of U.S. adult population who wear prescription eyewear

927 million-number of cases of diet coke sold in 2010 to become the second most popular soft drink after coke

\$446,217-price paid for a 1929 Brough Superior motorcycle-the most ever paid for a motorcycle

100m-the distance an Australian free-dove on one breath resurfacing four minutes later-a world record

361 feet-the distance jumped on a snowmobile by Levi Lavallee breaking the existing record by 60 feet

\$7,605-average cost of tuition for students attending in-state four year public colleges-\$11,990 to attend public out-of-state schools

Ron Bank Completes 2nd Alcatraz

On June 25, **Ron Bank** (Little Rock), took on the Alcatraz swim for the second time. He finished the event one minute slower than his first effort three years ago. Ron finished 339 out of 416 male (wet suit) swimmers. He placed 19th out of 27 in the 60-64 year old age group.

Ron said he felt great and didn't find the water as numbingly cold as he had the first time when we said he was almost in shock when he first jumped off the boat into San Francisco Bay.

Walmart Masters Invitational-October

Brent Tininenko has, for some time, been working on adding another Arkansas meet to our meet calendar. He has just recently concluded arrangements for a short course yards meet to be held at the **Walton Life Fitness Center in Bentonville on October 15, 2011.**

The Walton Life Fitness Center is a first-class facility with a wonderful pool to match. The pool has ten lanes is 25 yards long and is very fast.

Place this meet on your calendar for, what is usually, a slow time of the year (Oct., Nov., Dec.) for competitions. Registration form will be forthcoming.

Ft. Smith Long Course Invitational, July 16



2011 CALENDAR

9/10	Ozark Open Water Swim	Beaver Lake, Springdale	details to follow
9/11	Tallchief Open Water Swim	Sand Springs, OK	tulsamastersswimclub.com
9/24	Arkansas Senior Olympics	Hot Springs YMCA	Gail Ezelle, 501-321-1441
10/15	Walmart Masters Invitational	Walton Life Fitness Ctr. Bentonville	Brent Tininenko bmtinin@gmail.com
12/3-4	Knoxville Masters SCY Invitational	Knoxville, TN -Jones Aquatic Center University of Tennessee	utmastersswim@gmail.com Jessica Hart 865-974-2439

ARM was contacted by UT Masters and asked to post this meet. Check USMS website for details. This looks like a good meet.
