

The Rime

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Erin Miller.

Mariners Celebrate 15 Years of Fun, Fitness and Friendship

By Elisabeth Deal and Jeff Roddin

On August 20th, Ancient Mariners from the past, present (and possibly future) celebrated the team's 15 year anniversary at Seneca Creek State Park. More than 70 friends and family members enjoyed wonderful Brazilian steak prepared by Chef Maurico, as well as lots of other tasty treats and drinks.

Many Ancient Mariners pitched in to make the picnic a success,



but special thanks to Tom Denes for spearheading the effort and Dave Harmon for making the site arrangements.



Mariners Take Florida by Storm

11 Swimmers Score Big at SCY Nationals

By Elisabeth Deal

On May 19—22, eleven Ancient Mariners competed in the 2005 SCY USMS National Championships at the Swimming Hall of Fame in Ft. Lauderdale, FL.

Competing against 146 teams from all over the United States, the Ancient Mariners' placed a respectable 32nd.

Clay Britt acquired 3 gold medals for his efforts in 50 and 100 Back, and 50 Fly. The quartet of Britt, Jeff Roddin, Jason Crist and Erik Osborn won a gold in the Men's 35+ 200 Medley Relay. Jeff Roddin led the team with 43 points toward the total team score of 231.5.

Congratulations to the swimmers listed below for their outstanding performances. For complete results of the 2005 SCY National Championships, visit www.usms.org.

Britt, J Clay, 44
 100 IM 54.31 2
 50 Back 24.70 1
 100 Back 53.56 1
 50 Fly 24.20 1

Crist, Jason A , 43
 100 Fly 55.60 10
 200 IM 2:07.62 11
 50 Back 28.65 9
 200 Fly 2:05.02 6
 200 Free 1:53.27 16

Deal, Elisabeth-Elliott, 41
 100 Fly 1:03.98 8
 50 Free 26.56 18
 100 Free 58.08 17
 200 Fly 2:35.27 12
 50 Fly 28.23 9

Diamond, Louis H, 65
 50 Breast 36.49 5
 50 Free 29.77 11
 200 Breast 3:16.74 7
 100 Free 1:07.28 8
 200 Free 2:36.99 6
 100 Breast 1:26.17 8

Klotz, Jessica C , 28
 50 Free 26.73 16
 100 Free 58.43 20
 50 Back 30.52 7
 100 Back 1:05.39 8
 50 Fly 29.91 10

Kushner, Mina P, 49
 50 Free 29.96 19
 100 Free 1:12.40 21
 50 Back 37.33 11

Osborn, Erik C, 37
 50 Free 22.32 10
 100 Free 50.06 21
 50 Fly 27.91 34
 100 Free 1:12.64 9
 200 Free 2:36.76 8
 500 Free 7:05.20 11

Pero, Myriam, 55
 1650 Free 24:09.30 7
 50 Free 33.44 9

Ramsbottom, Jeri M , 33
 200 Back 2:19.15 3
 50 Back 29.71 3
 100 Back 1:03.43 3

Roddin, Jeffrey H, 36
 100 Fly 52.76 3
 50 Free 22.28 7
 100 IM 55.26 3
 50 Back 26.16 3
 100 Back 55.80 3
 50 Fly 24.10 4

Williams, Susan O , 39
 100 IM 1:05.30 10
 50 Back 29.17 2
 100 Back 1:03.05 2
 50 Fly 28.45 7

Mixed 200 Free Relay
 1:37.08 6

Ramsbottom, Jeri M
 Roddin, Jeffrey H
 Klotz, Jessica C
 Britt, J Clay

Men 200 Medley Relay
 1:39.87 1

Britt, J Clay
 Roddin, Jeffrey H
 Crist, Jason A
 Osborn, Erik C

Women 200 Medley Relay
 1:58.54 4

Ramsbottom, Jeri M
 Deal, Elisabeth-Elliott
 Williams, Susan O
 Klotz, Jessica C



Ancient Mariners at 2005 SCY Nationals, L-R: Elisabeth Deal, Jeri Ramsbottom, Clay Britt, Jessica Klotz, Erik Osborn and Jeff Roddin

2005 Albatross Open Draws More than 200 Swimmers

By Tom Denes

Under the capable direction of Cathy Gainor, the Montgomery Ancient Mariners held one of the most successful Albatross Opens ever. By the time registration was over, 215 swimmers were entered in the meet including 37 Ancient Mariners.

Two World Records were broken at the meet. Mary Lathram, DC Masters, celebrated her 90th year by breaking the World Record in the 200 SC meters backstroke with a time of 6:24.99. Joann Leilich, DC Masters, set yet another World Record, blasting a 42.35 in the 50 breaststroke. In addition, the Terrapin Masters put together a USMS Record setting 400 medley relay that almost broke the four minute barrier in the 100-119 age group. James Crowder (back, 1:03.89), Peter Fehring (breast, 1:08.11), Matt Haupt (fly, 54.73), and John Keefe (free, 53.74) clocked a blazing 4:00.47.

Kelly Bowman, Terrapin Masters, won the Fastest Woman in the Water award by virtue of her 27.90 50 meter freestyle. Troy Johnson, Virginia Masters, won the Fastest Man in the Water award by swimming a meet record 23.67.

Although, no official score was kept, the Germantown Masters trounced us by racking up 2,604 points. We scored 1,786 points followed by the Terrapin Masters with 858 points.

Following the meet we migrated to the Post-Meet Social to devour the delicious spread provided by Andy Fraser and Peter Johnson. As an added surprise, our former coach, Bengt, flew in from Sweden to join us. Although we tried, we couldn't coax him to move back to the States

SAVE THE DATE

April 1, 2006

**ALBATROSS
OPEN**

At the MAC

You've worked hard in the pool—come out and see what you can do! If you are not interested in competing, come out and support your team by volunteering!

*You are invited to the
Ancient Mariners*

Holiday Party

December 17th at 7pm

The Party will be at Jeff Roddin's house:
13548 Coachlamp Lane,
Silver Spring, MD 20906

Drinks (beer, wine, soda) will be provided by
ANCM, food will be pot luck

Lane Etiquette

by Samantha Grant
October 1, 2005

After paying dues, and receiving that nation-wide passport known as the USMS card, immigrants to the People's Republic of Swimming must realize that they have entered a new culture, with its own language and nuanced rules of etiquette. Unfortunately these rules are largely undocumented, and the immigrant may be breaking them left and right, whilst completely unaware.

To avoid making enemies of your fifth generation fellow swimmers, a few words to the wise for the practice or lap swim novice:

First, if there is an empty lane in the pool, take that one. Don't join a swimmer in some other lane because you don't "like" the lane that is free (eg: the lane against the wall). It creeps out and annoys other swimmers when there is an open lane that you didn't take. This is the equivalent of sitting down next to the only other passenger on an otherwise empty bus.

Second, before you get into a pool with plenty of swimmers, try to figure out who is roughly your pace. You need not time their 50s to compare with yours, but if you are a novice swimmer, try and swim with another person who appears to be a novice as well. Signs to look for: they stop to rest at both ends of the pool; they aren't paying attention to the clock; if female they are wearing a bikini, if male they are wearing knee-length board shorts.

Third, if you join a lane already containing one other person who is lap swimming, it is polite and appropriate for you to wait until they stop on your end, and ask if you can split the lane with them. Let that person choose which side they prefer, and make every effort to stay on your side. In the event that a third person joins your lane, the two in the water should begin circle swimming counter-clockwise immediately.

Fourth, (and this is applicable to many advanced swimmers) if you are circle swimming with other people in your lane pay attention to where you push off the wall when you flip-turn. Envision yourself swimming down the right side of the lane, with another swimmer five seconds in front of you. If that person swims straight into the wall and flips such that her feet push off the right side of that big black cross, she will have to cut a very sharp angle to gracefully end up on the other side of the lane. She will narrowly miss crashing into you with each turn. If, conversely, she angles left into the wall, and pushes off to the left of the black cross, she can then streamline straight off the wall and is automatically on the correct side for the return lap. No near crashes. No need for you to give her ten seconds of lead time.

Fifth, if you are slower than anyone else in your lane, you must always yield to them. Never ever begin your lap as they are approaching your wall for a flip turn. Let them go first. If you notice that they are normally doing freestyle but end up stuck

behind you and start breaststroke to slow down, you need to let them pass at the next turn. Consider moving to a lane containing people your own speed. Remember that for many people this is their gym and you've turned their stair-master down from a level 12 to a level 3.

Sixth, when you need a rest break, don't stand at the end of the pool in the middle of the lane. Other swimmers need to use the wall for flip turns. To take a break, swim into the wall on the right side, and stay as close to the lane line as possible.

Seventh, if you are doing a set with a group of more than three people, pay attention to the person behind you. With three people, each person can touch the wall at the end of the set and look up to see his or her time. With four people, the third swimmer needs to move away from the wall so that the fourth person can touch the wall at the end. Usually the way this works is at the end of a set the first person touches in on the far left side of the lane. The second person touches in the center, and remains there. The third person touches to the far right, and then immediately moves to the center of the lane, no longer adjacent to the wall, so that he is pool-side of the second person. Now the fourth person can touch in on the far right. This seems complicated, but I've swum with upwards of 10 people in a lane, and it works if everyone plays along.

Board Plans for Upcoming Year

On Sunday, November 06, 2005 The Ancient Mariners Board of Directors held their Annual Meeting at the Mosaic Restaurant in Rockville, Maryland. The meeting was attended by the following members: Jeff Roddin, Dave Harmon, Peter Johnson, Tom Denes, Dottie Buchhagen, Clay Britt, Geoff Pierce, Myrian Pero, Mina Kushner, Catherine Gainor, Alvin Russell and Kate Fisken.

The following items were discussed and action taken as noted:

Albatross Open: It was announced that Cathy Gainor will head the Meet activities. It was suggested she have an assistant to possibly step up in future years to be meet director. The Entries chairperson will be Dave Harmon with Jeff Roddin taking over to seed the meet and prepare the program in the last week. Dottie Buchhagen will reserve the party room. The Social Director for the "after-meet-event" is TBD. The date of the meet is scheduled for April 1, 2006.

Holiday Party: The annual event was discussed and a tentative date was set for December 17, 2005. Cathy Gainor will head the decorations

committee and the other committees—food, clean-up, activities-- will be decided at a later date. Jeff Roddin volunteered his home for the event and the awards, type and prize, will be decided by the Ancient Mariners coaches.

Annual Budget: After much discussion the budget was passed. The budget includes major expenses such as a Holiday party and another summer reunion type picnic and swim caps for all. A Miscellaneous Expense line item was added for \$300 to bring the budget close to even. Our reserves are plentiful.

Masters World Meet: The World meet will take place at Stanford University, Palo Alto, CA. Dave Harmon, Myrian Pero and Clay Britt said they plan on attending, and there will likely be other Ancient Mariners who will attend, but have not decided at this time. There was some discussion about providing those attendees with special shirts or other suitable attire. Money is already in the budget for t-shirts and caps for National events and since Worlds takes the place of Long Course Nationals this summer there already is a mechanism to provide for some gear for Worlds.

Summer Picnic: This past Summer Picnic was a great success. It was decided that the details for the 2006 Summer Picnic would be announced at a later date.

Banner: Some members questioned the condition of our present banner. After much discussion, it was decided that the banner could last another year, but that it would be a good idea if a member would look into the cost and steps needed to replace it.

Board Officers: The following were nominated and unanimously elected to served on the Ancient Mariners Board:

President: Jeff Roddin
 Vice President: Peter Johnson
 Immed. Past President: Tom Denes
 Secretary: Kate Fisken
 Treasurer: Mauricio Rezende
 Newsletter Editor: Elisabeth Deal
 Webmaster: Dottie Buchhagen
 Record Keeper: Jeff Roddin
 Registrar: Clay Britt & Jeff Roddin
 At-Large Board Members: Myrian Pero, Mina Kushner, Geoff Pierce, Dave Harmon, Cathy Gainor
 Coach/Officers: Clay Britt, CJ Hall, Marco Quinonez, Kate Wood, Bernadette Visintainer, Andy Fraser, Peter Johnson, Bill Shechtman, Erin Miller.



MEET COACH BILL SHECHTMAN

The Ancient Mariners welcomed Coach Bill Shechtman to the team this fall. Known by many as an age group coach for RMSC, Bill brings 27 years of coaching experience to the pool.

You are guaranteed to get a great work out when Bill coaches on Thursday nights at Olney. He tailors each practice set to accommodate the various abilities of each swimmer. Welcome, Bill!

Upcoming Meets in Colony Zone

- 12/2/2005-12/4/2005 New England Masters Zone Short Course Meters Championships - Wheaton College, Norton, MA. SCM; Laszlo Eger, laszloeger@hotmail.com; Sanctioned by NE LMSC
- 12/3/2005 Carol Chidester Memorial Swim Series - Towson Univ, Towson, MD
SCY; Michael Jacobson, 410-493-5233, mikej@comcast.net; Low key fun meets. Free for Maryland LMSC members. \$5 per meet for other LMSC members. 3 individual events and 1 relay per swimmer; maryland.usms.org/PDF/SS0506.pdf; Sanctioned by MD LMSC #096-003; Deck entries only
- 12/11/2005 Terrapin Masters 1000/1650 Meet - Catholic University, Washington, DC
SCY; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, 301-946-0649 (h), 301-314-5372(w), DD119@umail.umd.edu; pvmasters.org; Sanctioned by PV LMSC #105-011; Pre-entry (12/5/2005) & Deck-entry
- 12/31/2005 Swim in the New Year - Univ of MD, Colleg Park, MD
SCY; Jim Nealis, 301-345-5512, jenealis@aol.com; Cheryl Wagner, 202-387-2361, cherylw@crosslink.net; Swim between 10 a.m. and 4 p.m. Events are 2006 X 1, 2006 X 2, 2006 x 3, 2006 x 4, 2006 x 5; www.crosslink.net/~cherylw/NY06.htm; Pre-entry & Deck-entry
- 1/1/2006 The American Liver Foundation "Polar Burr Plunge" - Thompson boat Center, Washington, DC OW; Catherine Roper, 703-966-7202, catherineroper@aol.com; Lin-Mark Computer Sports, 856-468-0010, lin-mark@lin-mark.com; www.alfdc.org
- 1/21/2006 Carol Chidester Memorial Swim Series - Arundel Olympic Swim Center, Annapolis, MD; SCY; Michael Jacobson, 410-493-5233, mikej@comcast.net; Low key fun meets. Free for Maryland LMSC members. \$5 per meet for other LMSC members. 3 individual events and 1 relay per swimmer; maryland.usms.org/PDF/SS0506.pdf; Sanctioned by MD LMSC; Deck entries only
- 2/11/2006 Carol Chidester Memorial Swim Series - Woods Community Aquatic Center, Severna Park, MD; SCY; Michael Jacobson, 410-493-5233, mikej@comcast.net; Low key fun meets. Free for Maryland LMSC members. \$5 per meet for other LMSC members. 3 individual events and 1 relay per swimmer; maryland.usms.org/PDF/SS0506.pdf; Sanctioned by MD LMSC; Deck entries only
- 2/5/2006 Tropical Splash; George Washington Rec Center. Mount Vernon, VA; Mike Davey, 703-360-2631, hellespont@usms.org, www.pvmasters.org, Sanctioned by PV LMSC #106-4
- 4/1/2006 Albatross Open—Montgomery Aquatic Center, North Bethesda; Cathy Gainor 301-681-6090, cgainor@washingtontimes.com, www.pvmasters.org; Sanctioned by PV LMSC #106-03**

Survey Says...

By Elisabeth Deal

Note to coaches: Most Ancient Mariners do not like swimming butterfly sets in practice. That's a no-brainer to most people, but you may be surprised by some of the other responses your teammates gave.

Eighteen people responded in this non-scientific survey. The results are below—thanks to all who sent in their answers.

1. Do you prefer to swim before 8 a.m. or after 8 p.m.?

This was split 50-50. The follow up question should have been how old are you? It looked like most of the early-birds were older than 40. "8 PM is my bedtime" noted one 40+ respondent.

2. Would you rather swim a set of 5 x 100 Butterfly or 5 x 200 free?

No question...5x 200 free. Only 2 people preferred the fly set. Guess who?

3. Would you rather put on a wet bathing suit or practice in COLD water?

Again, the answers split down the middle. Amy Weiss said "it can't be cold enough for me", while Kelsey Abbott pointed out that the temporary discomfort of a wet suit disappears the minute you jump in the pool.

4. Which is worse: swimming without goggles or swimming with 10 people in your lane?

Apparently, everyone remembers the old days when after practice, IF you could manage to open your eyes, all you'd see were rainbows around the lights because your eyes were so raw from the water. One respondent felt that Goggles are to swimming what wind shield wipers are to cars. How did we ever manage without them? To survive swimming in a lane with 10 people, be sure to read the article on Lane Etiquette on page 4!

5. Would you rather compete in 200 fly at a meet or run a 5K?

Surprisingly, half the respondents would prefer to compete in 200 fly over running a 5K. According to one respondent, it's all about pain management..3 or 4 minutes of torture in the pool is better than slow death by running for a half hour.

6. Do you prefer training in a 50 meter pool or 25 yard pool?

About 80% prefer training in a 50 meter pool. The rest of us sane folks need those walls!

7. What's more boring than a set of 5 x 400 free?

5 x 500 free; 1650 free; Coach Bill Shechtman's timed 5,000; Talking to an economist

8. What swimmer do you most admire?

Jenny Thompson or Dara Torres for coming back at that level so late in the game. Shane Gould (Australian in the 1970s) Pablo Morales; Current and local – Kate Ziegler; Ian Thorpe; Amanda Beard. Tom Denes, because he's got not just the brawn, but the brains, too!

Lane Etiquette, Continued from Pg 4

With more than four swimmers, each additional person needs to move to the center of the lane after they touch in on the right.

Eighth, by all means don't "borrow" your lane mate's fins/kickboard/pullbuoy without asking.

With any luck, by following these rules a new swimmer can

member of our aquatic society. After all, we would hate to have to deport you back to the Nation of Jogging.

Originally as the October 2005 USMS Fitness Article of the Month (www.USMS.org) Reprinted with permission.

Montgomery Ancient Mariners
c/o Jeff Roddin, President
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