

The Rime

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Geoff Pierce, Dave Harmon,
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Coach/Officers:

Clay Britt, Cathy Gainor, CJ
Hall, Bernadette Visintainer,
Andy Fraser, Peter Johnson, Erin
Miller, Marco Quinonez

www.ancientmariners.org

Pettijohn sets National Record

You Don't Stop Playing Because You Grow Old; You Grow Old Because You Stop Playing.

By Margot Pettijohn

The Senior Games' philosophy is to provide something for everyone, from swimming & tennis to canasta. Events are chosen to include the non-physical as well as the physical. This ensures the accommodation of all skill levels, and promotes an atmosphere of competition and entertainment. Social events, such as expos, dances and an ice cream reception are important headliners as well. Virginia Senior Games is open to individuals 50 years of age and older. Events included are both physical & social, including archery, swimming, track & field, canasta, croquet, table tennis, bowling, billiards, tennis, shuffleboard, & more. Participants are grouped by the age categories of 50 to 54; 55 to 59; etc. The purpose of the Games is to promote physical and social wellness for Senior Adults. I just missed making my goal time for the 100 SCM fly at the Albatross Open.

The Virginia Senior games was another opportunity to swim SCM, plus a mini vacation at Virginia Beach. The swimming portion is a master recognized meet. There were 87 swimmers over the age of 50 competing. The events were swum men's heats by age group followed by women's events. There was plenty of time between events.

This is a great meet for sprinters (no 1000, 1650, 400 IM or 200 fly). I strongly recommend this meet to other master swimmers. Ken and I stayed at a downtown oceanfront hotel with a balcony. The hotel was about 20 - 25 minutes from the pool but worth the extra time. We enjoyed watching sunrises, flying our stunt kites, watching dolphins, walking on the boardwalk, and picnicking on the balcony. This helped me to be very relaxed (for me) before my events.



National record holder Margot Pettijohn.
Photo by Dorothy Buchhagen

SCM Records Fall at Terrapin and Blue Moon Meet

Clay Britt added three new USMS World Records to his list of accomplishments at the Terrapin and Blue Moon meet held at the University of Maryland December 2nd & 3rd. Britt shattered previous records in 50m back 27.2; 100m back 58.4; and 100m IM 1:00.6. Britt now holds six World Records in the 45-49 age group.

Meanwhile, Lynne Wymelenberg earned seven national Disabled Swimming records in 50m free 33.26; 100m free 1:12.86; 200m free 2:44.11; 50m fly :37.53; 100m fly 1:35.01; 100m IM 1:31.68; and 200m IM 3:20.64.

Complete meet results can be found at www.usms.org.



L to R: Clay Britt, Lynne Wymelenberg, Margot Pettijohn, Chuck Wight, Elisabeth Deal and Jeff Roddin at the Terrapin and Blue Moon meet at the University of Maryland.. Photo by Elisabeth Deal

Ancient Mariners Picnic



More than 50 Ancient Mariners friends and family attended the annual Summer Picnic at Seneca Creek State Park.

Coach CJ Lockman-Hall and son Rhodes at the Ancient Mariner Picnic. Photo by Dorothy Buchhagen.

Annual Meeting Minutes

Date: Sunday, November 19, 2006 **Place:** Myrian Pero's Home

Attendees: Jeff Roddin, Lynn Wymelenberg, Myrian Pero, Mina Kushner, Peter Johnson, Tom Denes, David Harmon, Clay Britt, Cathy Gainor, Geoff Pierce, Kate Fisken, Mauricio Rezende, and a guest, Heather Hagadorn.

The meeting was called to order by President, Jeff Roddin, at 11 am.

A nomination was made from the floor to re-elect the existing officers and board members. All nominations were accepted and the existing officers and board members were elected.

The following officers presented reports:

Jeff Roddin, President:

The Newsletter and its transmission to ANCM members was discussed. The possibility of having on-line distribution was presented, but there was no one to do the tracking who wanted to keep receiving the hard copy or who would prefer on-line version. The budget was not that much increase with the mailing of the Newsletter, so it was decided to keep distributing the hard copy. It was noted that the last Newsletter has not been posted due to pictures requiring permission that has not yet been received; therefore it was noted that it was unlawful to post pictures or articles from web pages without the corresponding permission. Not everybody was aware about the posting of pictures and articles without permission. In order to make the job easier for our Newsletter Editor, it was pointed that Guidelines should be provided

The Board voiced their appreciation to Elisabeth Deal for her efforts in being a very good Newsletter Editor. It was pointed out that this is a very time consuming position and one that could use additional help from other members for things like copying, folding, mailing, etc. It was suggested that the Board establish guidelines for this position. Tom Denes said Dottie (past editor) was willing to help draft a policy and Jeff asked that it also be reviewed by other past editors. Cathy Gainor was in attendance and agreed to review the policy.

Peter Johnson, Vice President: Peter discussed the need to order 250 ANCM swim caps for our members. The caps will be passed out in January 2007. Myrian volunteered to contact Capital Sport and Swim in Kensington, MD and order the caps. It was decided to order half black and half yellow caps. It was also approved to order silicone caps for sale. Also to get a quote for kickboards.

Clay Britt, Registrar: A new and improved registration process was discussed. In the past, Jeff received the registrations from Mauricio. But Clay was not always sure who was and who was not registered. It was decided that from now on, all registration forms and payments will be sent first to Clay, who will then send the forms to Jeff and the checks to Mauricio.

The next agenda item:

Holiday Party: The ANCM Holiday Party will be held on December 16, 2006 at Jeff's House. Jeff voiced the need to streamline the clean-up process and asked if the Board would be willing to have the food for the party catered. The drinks will be handled by us (ANCM). Kate Fisken volunteered to call Balducci's, RSVP, and Raku. Jeff said he would call some restaurants and caterers near his home. It was suggested that we see what kind of catering might be available for a price of \$20 to \$30 per person.

Proposed Budget: ANCM's 2006-2007 Budget was reviewed, line by line. It was noted that many of our costs have gone up and some have gone down. The following "swim club supplies" were discussed: kickboards- need to buy 25 new boards; pace clock- need to investigate buying a digital clock that is NOT programmable; DVD Swim Reference Library- need to stock with DVD's-Clay volunteered to manage it. After our review, and adjustments made, a motion was passed to accept our 2006-2007 budget.

Albatross Open: Since the fees (entry fee and surcharge fee) for our swim meet have not been increased for many years and the expenses have gone up over time, there was much discussion. It was suggested to come up with amounts that are easily totaled by the swimmers, since their math skills have not been impeccable when filling out the entry forms. After a lengthy discussion, it was decided that event entry fees would remain the same, but the surcharge would be raised to \$10. It was also decided that this year we sell Long Sleeve t-shirts only, and set the cost at \$15 each (last year was \$13 for short sleeve). Lastly, Tom suggested offering a team high point award, with ANCM being excluded. This hopefully would promote other teams to bring more people.

New Business: There was much discussion regarding ANCM's cumulative Net Assets amount of approximately \$18k. Tom, Kate and Jeff volunteered to form a sub-committee to discuss what could be done with our Net Assets amount.

At Clay's suggestion, a motion was passed to buy 2 White Boards for the coaches. The Boards will be used by the coaches to write-out their practice swim sets. Clay indicated that using White Boards would be very efficient and useful for the coaches and swimmers.

The annual meeting was adjourned at 12:45pm.- Kate Fisken

Upcoming Meets in Colony Zone

- 12/9/2006 Yonkers Masters Holiday Fiesta SCY Meet - Yonkers, NY
SCY; Andrea Velasquez, 914-377-6439, andrea.velasquez@cityofyonkers.com; Sanctioned by MR LMSC #066-14; Pre-entry (12/1/2006) & Deck-entry
- 12/9/2006 Maryland LMSC Swim Series #3 - Towson, MD
SCY; Michael Jacobson, 410-493-5233, mikej@comcast.net; maryland.usms.org/PDF/SS0607.pdf; Sanctioned by MD LMSC #097-003; Deck entries only
- 12/15/2006-
12/17/2006 2006 New England LMSC SCM Championship and New England Masters Workout Group Challenge - Boston University, Boston, MA
SCM; Great Bay Masters, 06scmchamp@greatbaymasters.org; www.greatbaymasters.org/06scmchamp.php; Sanctioned by NE LMSC #037-011-SSCM
- 1/1/2007 American Liver Foundation Polar Burr Plunge - Alexandria, VA
OW; Catherine Roper, 703-535-8880, 703-535-8890, croper@liverfoundation.org; Laura Caldwell, 703-535-8880, lcaldwell@liverfoundation.org; www.alfdc.org; Entry Deadline 12/29/2006
- 2/4/2007 Tropical Splash - Alexandria, VA
SCY; Michael Davey, 703-360-2631, hellespont@usms.org; www.alexandriamasters.com/meet; Sanctioned by PV LMSC #107-001; Pre-entry (1/30/2007) & Deck-entry
- 5/17/2007-
5/20/2007 USMS Short Course Championships - Federal Way, WA
SCY; Jane Moore, 253-759-4956, swimmoore@comcast.net; Sanctioned by PN LMSC
- 5/27/2007 USMS 1 Mile Open Water Championships - Lake Audubon, Reston, VA
See Listing Under [CHAMPIONSHIPS](#)
- 8/10/2007-
8/13/2007 USMS Long Course Championships - The Woodlands, TX
LCM; Tom Boak, 281-363-0672, tomboak@houston.rr.com; Carolyn Boak, 281-363-0672, carolynboak@houston.rr.com

You Don't Stop Playing...

(Continued from Pg 1)

I swam very well at this very low keyed fun meet. I swam the 100 SCM fly in a National record time. The time I needed to break the record was 1:31:65. I swam a 1:29:78. I could tell by the timers' and officials' reactions I had broken the record. When I turned around to see my time on the board, you would have thought I had won the Olympics; arms up in the air for the accomplished goal.

I would especially like to express my gratitude to my husband Ken for putting up with my obsessive behavior for swimming and my extreme nervousness. He helped keep me calm and relaxed. I would like to thank my lane mates for helping to push me at every practice and tolerating my behavior. and advice.

I would also like to acknowledge Clay, C.J., Kate, Amy and Jessica for their help.





Montgomery Ancient Mariners
c/o Jeff Roddin, President
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Silver Spring, MD 20906-5835
www.ancientmariners.org

Look for more details soon!

Jeff Roddin's house
13548 Coachlamp Ln, Silver Spring, MD 20906-5835

Saturday, December 16

HOLIDAY PARTY

Ancient Mariners

SAVE THE DATE!