

SPLASH MASTER

VOLUME 6 NUMBER 1

JANUARY 2003

SWIMMING IS A DRAG OR HOW ABOUT THOSE NEW SUITS?

We've all noticed the weird suits men are wearing these days. At first glance they're reminiscent of something from the roaring twenties, when modesty was a key issue. That's where the resemblance ends. The "funny looking" suits are technological marvels designed to reduce drag and end forever the penance of having to shave down.

Inland Northwest Masters CALENDAR

January	One Hour Postal Swim entry form online
Feb. 10	One Hour entries due to Beaverton Oregon
Feb.	February Fitness Challenge (Postal Event, entry form on page 10)
Feb. 12	Entries due for February Frolic Meet entry form on page 4
Feb. 22	February Frolic Meet at the Spokane Club
Feb. 26	Entries due for March Madness Meet, forms in the next issue and on the web site
March 9	March Madness Meet in Wenatchee
March 19	Entries due postmarked for Inland NW Masters Short Course Yards Championships <i>Deck entries will not be taken at this meet.</i>
March 29 & 30	Inland NW Masters Short Course Yards Championships in Pullman at Washington State University. <i>Deck entries will not be taken.</i>

If you look closely, you'll notice that only the fastest swimmers seem to be wearing the new suits. Then, sure enough, the guys in the new suits go faster, but didn't they always? It's difficult to separate the suit from the muscle.

There are two basic ways a swimmer can improve race times. (1) Increase propulsion and (2) decrease the amount of drag (water resistance). To improve the first, a swimmer can train harder, get stronger, and improve technique. To reduce drag, a swimmer has more options and can call upon science to help.

Let's talk about drag. The first type of drag is called frontal drag, and is due to the fact that a body pushing through water has to move water out of the way. This drag depends on the cross-section of the body pushing through the water. All other things being equal, a skinny person has less frontal drag than a bulkier person. Regardless of bulk, a swimmer can optimize frontal drag by minimizing the area that is exposed to the oncoming water. Head position, body roll, and kicking positions all reduce the effects of frontal drag.

Another type of drag is skin drag. In a perfect situation, water would flow smoothly (laminar flow) across all body surfaces and meet little resistance. However, a body moving through water is far from such perfection. Even if skin surface is perfectly smooth, water flowing across it will eventually break off and create a turbulent wake that increases drag. It turns out that making a surface perfectly smooth won't necessarily help decrease drag.

Think of the golf ball. The dimples on the ball reduce drag significantly because they actually encourage a smoother flow of air over the ball.



Skin drag is significant in swimming, since winners may post times one-hundredth of a second under losers. For this reason, shaving down was once considered essential. (no, smooth skin isn't necessarily better, but it's better than hairy skin.)

Enter the new technology.

Speedo has developed a Fast-Skin suit based on the patterns of a shark's skin that they claim significantly improves the flow of water over the suit. A shark's skin is rough in a very special way. Up close, the skin looks like a series of stripes that cause

see **NEW SUITS** on page 3

Inland Northwest Masters

Local Masters Swimming Committee

Board and Team Representatives

full contact information available online

Board

Chair

Susanne Simpson
3117 S. Jefferson
Spokane, WA 99203
509-458-3982
SBSBFLY@aol.com

Vice Chair

Brian Lamb
1540 NW Clifford
Pullman, WA 99163
509-334-5262
lambo@turbonet.com

Treasurer

Virgil Crampton
615 E Southview Ave.
Colfax WA 99111
509-397-2499
vec@vetmed.wsu.edu

Secretary

Larry Krauser
1111 W 28th Ave
Spokane, WA 99203
509-455-7789
krauser@sowles.com

Registrar & Spokane Club Rep

Suzanne Dills
639 N. Riverpoint Blvd.
#3W
Spokane, WA 99202
509-456-7281
jacksuedills@qwest.net

Past Chair

Elin Zander
509-448-5250
elinswims@usms.org

Top Ten & Lake City Masters Rep

Margaret Hair
408 Vista Dr.
Coeur d'Alene, ID 83815
208-667-3721
ramgolf@gocougs.wsu.edu

Meets/Sanctions

Eric Ridgway
208-265-5412
sage1199@yahoo.com

Splashmaster Editor & Coaches Rep

Doug Garcia
509-332-1621
dougarcia@usms.org

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Send editorial comments to: Doug Garcia, Editor

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Masters & Triathletes Swim Training Etiquette

BY MICHAEL COLLINS, NOVAQUATICS

- ⇒ Learn to read the pace clock. (Know both your time and the interval)
- ⇒ Stay on the interval and help others stay on the interval
- ⇒ Count your laps and stop at the appropriate number
- ⇒ Don't change the interval without conferring with lane-mates.
- ⇒ The slowest person in the lane should be able to make the interval with some rest.
- ⇒ Get the right order in your lane (Fastest to slowest)
- ⇒ Don't "sit" right on the feet of the person in front of you. Go ahead of them or leave further apart.
- ⇒ Leave at least :05 apart (Preferably :10 apart)
- ⇒ Stay to the right side of the lane
- ⇒ Turn in the middle of the lane at the wall (Like a giant football shape)
- ⇒ If you about to get lapped, stop at the next wall and let others pass you.
- ⇒ Be *aware* of where others in the lane are. *Anticipate* when they will catch you and pull over.
- ⇒ Don't push off right in front of someone about to turn if they are faster
- ⇒ Finish swims to the wall and move to the left to allow others to finish to the wall.
- ⇒ Brush your teeth, or rinse with mouth-wash before practice.
- ⇒ Don't *breathe* on people when resting at the wall
- ⇒ If unable to do a particular skill, do a drill or swim that is about the same speed

3000/6000 Postal Championships for 2002

Women 25-29 3000 Yards

Place	Age	Club/Team	Time
9	Holly Boob	25 INW/WSU	44:53.40
11	Kelly Newell	29 INW/WSU	49:16.29

Women 35-39 3000 Yards

11	Debbie Snyder	36 INW/WSU	44:53.56
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Women 45-49 3000 Yards

18	Catherine Murphy	46 INW/WSU	46:57.99
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Men 30-34 3000 Yards

8	Naoya Okubo	32 INW/WSU	42:13.08
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Men 40-44 3000 Yards

12	Dave Peckham	41 INW/WSU	44:02.59
14	John Schneider	42 INW/WSU	45:04.02
16	Doug Garcia	40 INW/WSU	49:08.84
18	Virgil Crampton	42 INW/WSU	54:36.37

Men 45-49 3000 Yards

21	Howard Grimes	45 INW/WSU	1:12:11.00
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Men 50-54 3000 Yards

21	Brian Lamb	51 INW/WSU	50:31.38
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Relays

Women's 25+ 3 x 3000 Yard Relay

2	Boob, Snyder, Murphy	INW/WSU	2:16:44.95
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Men's 25+ 3 x 3000 Relay

7	Peckham, Schneider, Okubo	INW/WSU	2:11:19.69
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Men's 25+ 3 x 3000 Relay

8	Lamb, Garcia, Crampton	INW/WSU	2:34:16.59
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Mixed 35 + 4 x 3000 Relay

4	Murphy, Snyder Peckham, Schneider	INW/WSU	3:00:58.16
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Please Help USMS Record Swimming History

The USMS National History & Archives Committee has collected stories and histories for 272 of our top athletes. One of committee's priorities is to collect stories on 309 more athletes who have been named USMS All American six or more times. To see the list go to www.swimgold.org/zone/. USMS is hoping that each LMSC will write stories about their swimmers. The History & Archives Committee has a brochure on the web and in PDF format with guidelines for writing stories and where to send them. Thank you for helping USMS go down in history.

NEW SUITS *from page 1*

water to circulate across it in a particular way. The result (for a shark) is that the skin creates less drag in the water.

The Speedo FastSkin is designed similarly. The vertical stripes are like channels that cause water to flow in a way such that the overall flow sees less drag. It works by creating a stable boundary layer. The channels trap a thin layer of water around the suit so that water flowing past the suit is “rubbing” against this trapped water layer, rather than the suit material, itself. The water layer is not perfectly still and is moving with the suit. It actually has columns of water rotating in the channels made by the stripes, but in the complicated world of fluid dynamics, this turns out to be a stable flow pattern that allows an overall reduction in drag.

The same idea was introduced into America’s Cup yachting during the last decade, when Dennis Connor attached ribbed material to the hull of his yacht.

Tests in flumes have shown that drag can be reduced by as much as 10% in some swimming positions for some of the suits. (Both Adidas and Speedo have suits that can do this.) The 10% drag reduction could correspond to as much as a 3-5% increase in speed. (Sorry, no 10% increase because drag increases roughly as the square of the speed.)

So, if you’re a 100-yard Freestyler whose personal best is, say, 1:10.0, what would 10% less drag mean to you? A 3% increase in speed would take off 2.1 seconds or give you a time of 1:07.9. A 5% increase in speed would result in a time of 1:06.5. The 50-yard races would be less dramatic: a normal time of 30 seconds could be improved to 29.1 (3% increase in speed) or 28.5 (5% increase in speed). Unfortunately, there are no guarantees regarding drag and speed. Prices? The “Millennium” male or female suit, by The Victor, covers the swimmer from mid-thigh to shoulders (bare arms) and costs \$79.95 (plus shipping).

So, the question is: Is it worth over \$80 to dress like a 20’s flapper and pick up 3.5 seconds in your personal best 100? Hmmm.

Dave Addleman swims with the Federal Way Masters. After watching the Olympics and Ian Thorpe, he has been wrestling the notion of whether or not to buy a fast-suit.

SWIM SUIT ETIQUETTE FOR GUYS

What’s the deal with swim suits anyway?

Why can you wear some suits in certain places and not in others? What kind of suit can you wear and be politically correct? I think I have it figured out.

Now we all know if you’re part of a swim club, Speedos are it... a must. If you wear those baggy swim trunks for a workout, you’re totally out of it. Obviously not a serious swimmers! Obviously not politically correct!

But Speedos on guys are not cool for recreation in most public venues of North America. You need to have those baggy shorts, preferably sagging low at the waist so people think from behind that you’re a plumber. But in Europe, Speedos are acceptable... the norm on public beaches. Hmm, what’s with that, they must be behind the times?

We have all seen guys on the beach with a few extra pounds that shouldn’t be wearing a Speedo, it’s scary! Definitely not politically correct. We have all said at one time or another, ‘man that guy shouldn’t be wearing a Speedo.’ But really, those big, baggy swim trunks, hiked up over the belly button don’t look so hot either. Maybe big guys should just go naked, because you can’t see the Speedo anyhow, right?

The only way you can be cool wearing a Speedo away from the club is if the suit has the club logo on it, which tells the whole world you are an athlete... a swimmer... a special person. Any time I’m at a public pool and not with my swim club, I make sure I’m wearing my club suit, so I am cool and

not a Speedo geek. And I make sure I move around and make lots of 360 degree moves when I’m out of the pool so people get a good look at the logo on my suit. I know everyone at the pool thinks much more highly of me for that!

I have been known, especially on holidays at resort pools, to wear my baggy shorts over my Speedo—so I’m in with the politically correct crowd. I then peel off the baggy trunks when no one is looking and swim my laps, making sure everyone sitting nearby sees what an athlete I am. For

about 5 or 10 minutes after I get out of the pool I am good with the athlete thing, then its on with the baggie trunks.

Those new one piece full body suits that some are wearing at meets are a whole other story.

Are they a wetsuit? Do they help you float? Are they for really hairy people that don’t want to shave down?

Do they hold in the extra folds you may have that slow you down? Do they really help you go faster, or do they just look cool? Or are they just a psychological thing?

If you wear one, you have to measure up. No slow swimmers can wear them and be politically correct. I’m sure I would swim way faster if I had a full body suit. Or maybe I would just look like I swim faster. Or maybe people who know how I swim would just laugh at me. Like the suit will make me swim faster. Right!

*by Leon Politano
Reprinted from the Masters Swimming
Association of British Columbia Newsletter*



SPOKANE CLUB MASTERS PRESENTS

FEBRUARY FROLIC SWIM MEET

SATURDAY FEBRUARY 22, 2003

Date/Times: Saturday, February 22, 2003. Warm-up starts at 8:30 am, meet starts at 9:00 am. Second warm-up will start at 10:00 am

Sponsor: Spokane Club Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3530222.

Eligibility: All swimmers must be currently registered Inland NW Masters/USMS swimmers. New registrations (found in the *Splashmaster* or online at www.InlandNWMasters.org) should be sent to Sue Dills or will be available at the meet.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2003 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by February 12, 2003. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before February 12, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available free of charge.

Conduct of the Meet: Each participant may swim five individual and three relay events.

Directions: Spokane Club, 1002 West Main • **From I-90 east** take the Maple St. exit. Turn left onto Walnut St., follow the City Center signs, turning right onto 1st Ave., continue on 1st Ave. turning left onto Lincoln St. Continue north for 3 blocks, turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on the right. **From I-90 west** take the Lincoln Street exit, continue north on Lincoln St. for 6 blocks. Turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on your right.

Questions: can be answered by Susanne Simpson (509) 458-3982 or Todd Stoddard (509) 838-8511.

Postmarked by:	February 12, 2003
Mail Entries to:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
Entry Fee:	\$8.00 prior to January 30 \$12.00 for Deck Entries
Checks payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Team _____

Short Course Yard Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|--|--|
| <p>1) 400 Individual Medley _____</p> <p>2) 1000 Freestyle _____</p> <p style="text-align: center;">Second Warm Up</p> <p>Event #3 will not begin before 10:30 am</p> <p>3 & 4) 200 & 400 Medley Relay _____</p> <p>5) 200 Butterfly _____</p> <p>6) 200 Backstroke _____</p> <p>7) 50 Breaststroke _____</p> <p>8) 100 Freestyle _____</p> | <p>10 Minute Break</p> <p>9, 10 & 11) 200, 400 & 800 Mixed Free Relay _____</p> <p>12) 200 Individual Medley _____</p> <p>13) 50 Butterfly _____</p> <p>14) 100 Backstroke _____</p> <p>15) 200 Breaststroke _____</p> <p>16) 50 Freestyle _____</p> <p>10 Minute Break</p> <p>17, 18 & 19) 200, 400, & 800 Free Relay _____</p> | <p>20) 100 Butterfly _____</p> <p>21) 50 Backstroke _____</p> <p>22) 100 Breaststroke _____</p> <p>23) 200 Freestyle _____</p> <p style="text-align: center;">10 Minute Break</p> <p>24) 100 Y Individual Medley _____</p> <p>25) 500 Y Freestyle _____</p> |
|--|--|--|

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. ASA CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC. THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.

Your Signature _____ Date _____

Cougar Coach Cherishes Quotes

She shall forever be known as “the quote lady.”

The Cougars’ new swimming coach, Erica Quam, already has grown accustomed to her new office in Bohler Gym, by giving it a personal touch.

She has decorated it with a wide-array of posters and pictures.

And quotes.

“I love quotes,” Quam says. “I keep some around to remind me of things that I feel are important and I definitely try to find phrases that are meaningful to the team.”

One of the messages is so inspirational, it is tacked to the bulletin board in Quam’s office, right where she will always see it. It says: “Go confidently in the directions of your dreams. Live the life you’ve imagined.”

It is really quite a simple message, but it summarizes how Quam feels about her sport and her life in general. She has always tried to maintain an optimistic attitude, especially regarding the accomplishment of her goals.

That is what brought her to WSU to replace Rocco Aceto, who announced his resignation in April.

Her path to coaching at WSU started when she was only 12 years old. That is when she made a pact that changed her life forever.

No, she did not sell her soul to the devil. Instead, it was a simple agreement with her best friend.

They were going to swim team together. Not one without the other.

Never mind that Quam was lapped in her first 100-yard Freestyle race. She



Washington State University Head Coach Erica Quam, standing center, along with assistant coach Suzanne Yee, and the Cougar Swim Team. Erica is in her first year with the Cougars.

decided it was a sport she loved and someday would be good at it.

Quam set a goal for herself early in high school to try and swim well enough to earn a college scholarship. She ended up achieving that goal and swam for four years at Indiana University while earning her Bachelor’s degree in Biology.

“Basically, I chose to be a ‘little fish in a big pond’ by going to a school like Indiana,” she says. “I never scored at the conference level, but I trained really hard and enjoyed being part of the team.”

Quam’s teammates voted her team captain for her junior and senior year.

Quam says she learned a lot about swimming through this experience and it was really the first time she thought seriously about coaching.

She comes to WSU prepared to do so.

Quam says that much of the credit can be given to Steve Collins, who was the head coach at Southern Methodist University in Dallas.

“(Collins) was an incredible mentor,” Quam says. “He is such a leader. He always does a great job of preparing his assistants to be head coaches. He is not afraid to allow his assistant coaches to have some

responsibilities that many head coaches save for themselves.”

During her five years at SMU, her responsibilities evolved to include every area of the program. She specifically did a lot with recruiting, on-deck coaching, team travel, budgeting and designing their “dry land program,” which was everything the swimmers did outside the water.

Quam even had the opportunity to oversee the program while Collins traveled to major international competitions. She designed workouts. She ran the team.

Quam also had the chance to be an Egyptian national coach. While at SMU, she coached a swimmer from Cairo, Rania Elwani. As Elwani did not have a coach in Cairo, Quam went home with her to help her prepare for the Pan Arab games in Amman, Jordan.

Elwani did very well, winning the gold medal in all 10 of her events and leaving Quam with both good and funny memories.

“I was the only female coach on the pool deck and drew plenty of attention,” Quam said. “It was a great experience.”

see COUGAR COACH on page 5

SWIM MEET RESULTS

FALL CLASSIC SWIM MEET

Sandpoint West Athletic Club • November 30, 2002

WOMEN'S EVENTS

Women 35-39

50 Meter Freestyle

Jennifer
Brandenberger 39 0:35.54 SWA

100 Meter Freestyle

Jennifer
Brandenberger 39 1:22.19U SWA

50 Meter Backstroke

Susan Gambrel 35 0:39.39 SMT
Amy O'Hara 36 0:48.91 SWA

200 Meter Backstroke

Susan Gambrel 35 3:03.31 SMT

50 Meter Breaststroke

Amy O'Hara 36 0:49.37 SWA

50 Meter Butterfly

Susan Gambrel 35 0:38.74 SMT
Jennifer
Brandenberger 39 0:43.75 SWA

Women 40-44

50 Meter Freestyle

Cindy Clutter 42 0:36.02 LCM
Marsha Lutz 40 0:36.88 SWA
Suzanne
Miller-Jones 41 0:39.30 PMS

100 Meter Freestyle

Cindy Clutter 42 1:20.61 LCM
Suzanne
Miller-Jones 41 1:28.73 PMS

200 Meter Freestyle

Cindy Clutter 42 2:53.85 LCM

400 Meter Freestyle

Cindy Clutter 42 6:10.91 LCM

50 Meter Backstroke

Suzanne
Miller-Jones 41 0:51.81 PMS

50 Meter Breaststroke

Marsha Lutz 40 0:46.73 SWA

50 Meter Butterfly

Cindy Clutter 42 0:43.96 LCM

100 Meter Individual Medley

Suzanne
Miller-Jones 41 2:01.96 PMS

Women 45-49

100 Meter Freestyle

Mary Adams 47 1:29.13 LCM

200 Meter Freestyle

Margaret Hair 47 2:49.03I LCM

50 Meter Backstroke

Margaret Hair 47 0:41.19I LCM
Juli Parnell 45 0:42.15 SWA
Mary Adams 47 0:50.12 LCM

50 Meter Breaststroke

Mary Adams 47 0:52.89 LCM

100 Meter Breaststroke

Margaret Hair 47 1:37.18 LCM

50 Meter Butterfly

Margaret Hair 47 0:38.15 LCM
Juli Parnell 45 0:38.26 SWA
Mary Adams 47 0:45.26 LCM

200 Meter Butterfly

Margaret Hair 47 3:23.26 LCM

100 Meter Individual Medley

Mary Adams 47 1:44.40 LCM

Women 55-59

100 Meter Freestyle

Renice Townsend 58 2:23.00 WKM

800 Meter Freestyle

Virginia Lane 56 17:57.53 LSD
Renice Townsend 58 24:17.44 WKM

100 Meter Backstroke

Renice Townsend 58 3:44.83 WKM
Virginia Lane 56 2:30.41 LSD

200 Meter Backstroke

Virginia Lane 56 5:14.01 LSD

100 Meter Breaststroke

Renice Townsend 58 3:46.59 WKM



Bill Bresko counting laps at the Fall Classic Meet in Sandpoint.

50 Meter Butterfly

Virginia Lane 56 1:22.79 LSD

100 Meter Butterfly

Renice Townsend 58 4:13.70 WKM

100 Meter Individual Medley

Virginia Lane 56 2:36.73 LSD

Women 65-69

50 Meter Freestyle

A. Barbara Roberts 66 0:51.72 WKM

200 Meter Freestyle

A. Barbara Roberts 66 4:15.70 WKM

400 Meter Freestyle

A. Barbara Roberts 66 8:44.17 WKM

800 Meter Freestyle

A. Barbara Roberts 66 17:23.03 WKM

200 Meter Individual Medley

A. Barbara Roberts 66 5:12.01 WKM

Women 70-74

50 Meter Freestyle

Madonna Buder 72 0:55.09 UNA

100 Meter Freestyle

Madonna Buder 72 2:03.98 UNA

800 Meter Freestyle

Madonna Buder 72 17:39.71I UNA

100 Meter Breaststroke

Madonna Buder 72 2:31.40I UNA

200 Meter Breaststroke

Madonna Buder 72 5:26.02U UNA

Women 80-84

50 Meter Freestyle

Jean Rudolph 81 1:07.51 MCM

100 Meter Freestyle

Jean Rudolph 81 2:33.34U MCM

50 Meter Backstroke

Jean Rudolph 81 1:13.15 MCM

50 Meter Breaststroke

Jean Rudolph 81 1:35.29I MCM

100 Meter Breaststroke

Jean Rudolph 81 3:34.21Z MCM

MEN'S EVENTS

Men 19-24

50 Meter Freestyle

Shane Maixner 25 0:32.03 SWA

100 Meter Freestyle

Shane Maixner 25 1:17.37 SWA

Men 25-29

50 Meter Backstroke

Trevor Gray 26 0:29.81 SWA

200 Meter Backstroke

Trevor Gray 26 2:18.22Z SWA

200 Meter Individual Medley

Trevor Gray 26 2:26.97 SWA

see FALL CLASSIC RESULTS on page 6

COUGAR COACH from page 4

The tandem then traveled down to Johannesburg, South Africa, for the African games. Elwani won medals in the 50- and 100-meter Freestyle.

All this experience has helped Quam prepare for the beginning of her new job.

Quam feels as though she was the best option to fill the coaching void because, aside from her experience: "It is an absolute perfect fit for me. I believe I can recruit great swimmers to a community that I already care so much about."

It may have been the climate that first helped her learn to love the area.

"When I left Dallas to come here for my interview, it was 100 degrees and humid," Quam said. "When I landed it was in the breezy, sunny and in the 70s. I couldn't believe how awesome the rolling fields looked from the plane as we headed down toward Pullman. It looked like someone had taken the earth like a big picnic blanket and shaken it."

Quam is not solely excited about the prospects of running and cycling through the hills of the Palouse. She also has a team

to coach. And plenty of things to teach them.

"I believe that I have a great group of swimmers to work with here at Washington State," Quam says. "Everyone has an important role that will contribute to the overall success of the group. If they all work together, then they are going to be a great team."

You can quote Quam on that, frame it, and put it on her desk.

Then again, it might already be there.

C. Brandon Chapman,
The Washington State University Daily Evergreen
—Reprinted by permission



THE YOUNG AND THE RESTLESS: *C.J. Hamilton (89) of Lake City Masters and Shane Maixner (25) of Sandpoint West Athletic Club, were the oldest and youngest swimmers at the Fall Classic Swim meet held in Sandpoint.*

FALL CLASSIC RESULTS *from page 5*

Men 30-34			
400 Meter Freestyle			
Naoya Okubo	32	5:40.05	WSU
100 Meter Butterfly			
Naoya Okubo	32	1:21.32	WSU

Men 35-39			
50 Meter Freestyle			
Bryan Baldwin	38	0:26.44	WSU
Mike Brosnahan	39	0:32.13	SWA
100 Meter Freestyle			
Bryan Baldwin	38	0:59.94	WSU
Mike Brosnahan	39	1:15.99U	SWA

50 Meter Breaststroke			
Mike Brosnahan	39	0:45.04	SWA
50 Meter Butterfly			
Bryan Baldwin	38	0:29.89	WSU
100 Meter Butterfly			
Bryan Baldwin	38	1:08.57	WSU
100 Meter Individual Medley			
Bryan Baldwin	38	1:09.62	WSU

Men 40-44			
50 Meter Freestyle			
Bernard Kingsly	44	0:27.71	NSM
Doug Garcia	41	0:34.51	WSU
A. Glenn Mabile	42	0:34.98	LCM
100 Meter Freestyle			
Doug Garcia	41	1:17.10	WSU

200 Meter Freestyle			
Doug Garcia	41	3:01.48	WSU
400 Meter Freestyle			
Eric Ridgway	41	6:10.92	SWA

50 Meter Backstroke			
Eric Ridgway	41	0:40.63	SWA
A. Glenn Mabile	42	0:46.77	LCM

50 Meter Breaststroke			
Bernard Kingsly	44	0:36.93	NSM
Eric Ridgway	41	0:39.03	SWA
A. Glenn Mabile	42	0:48.77	LCM

100 Meter Breaststroke			
Eric Ridgway	41	1:32.25	SWA
200 Meter Breaststroke			
Eric Ridgway	41	3:14.53	SWA

50 Meter Butterfly			
Bernard Kingsly	44	0:31.32	NSM
A. Glenn Mabile	42	0:44.95	LCM

100 Meter Butterfly			
Bernard Kingsly	44	1:12.23	NSM
100 Meter Individual Medley			
Bernard Kingsly	44	1:11.66	NSM
Doug Garcia	41	1:35.39	WSU
A. Glenn Mabile	42	1:38.74	LCM

Men 45-49			
50 Meter Freestyle			
Larry Krauser	49	0:25.90I	SCM
David Black	45	0:31.08	SCM

100 Meter Freestyle			
Larry Krauser	49	0:58.32	SCM
David Black	45	1:11.97	SCM
Bill Triol	48	1:12.51	WKM

200 Meter Freestyle			
Larry Krauser	49	2:11.26	SCM

400 Meter Freestyle			
Ira Schwartz	49	5:50.87	WKM

800 Meter Freestyle			
Larry Krauser	49	9:44.09I	SCM

100 Meter Backstroke			
Bill Triol	48	1:35.15	WKM

200 Meter Backstroke			
Ira Schwartz	49	3:05.95	WKM

50 Meter Breaststroke			
Ira Schwartz	49	0:38.57	WKM

100 Meter Breaststroke			
Bill Triol	48	1:36.59	WKM

50 Meter Butterfly			
Bill Triol	48	0:34.40	WKM

100 Meter Butterfly			
Ira Schwartz	49	1:23.19	WKM

200 Meter Butterfly			
Larry Krauser	49	2:50.65I	SCM

400 Meter Individual Medley			
Ira Schwartz	49	6:39.27	WKM
Bill Triol	48	7:02.24	WKM

Men 50-54

50 Meter Freestyle			
Brian Lamb	51	0:35.84U	WSU

100 Meter Freestyle			
Brian Lamb	51	1:27.18	WSU

400 Meter Freestyle			
Brian Lamb	51	7:04.88	WSU

200 Meter Backstroke			
Michael Merrell	54	3:04.42	SWA

400 Meter Individual Medley			
Michael Merrell	54	6:20.80	SWA

Men 55-59

50 Meter Freestyle			
Don Caskey	58	0:38.89	WKM

100 Meter Freestyle			
Don Caskey	58	1:33.62	WKM

50 Meter Backstroke			
Don Caskey	58	0:47.49	WKM

100 Meter Backstroke			
Don Caskey	58	1:52.13	WKM

100 Meter Individual Medley			
Don Caskey	58	1:58.12	WKM

Men 60-64

50 Meter Freestyle			
John Corn	61	0:46.81	SWA

100 Meter Freestyle			
John Corn	61	DQ	SWA

Men 70-74

50 Meter Breaststroke			
William Bresko	74	1:00.87	UNA

100 Meter Breaststroke			
William Bresko	74	2:19.56	UNA

200 Meter Breaststroke			
William Bresko	74	5:41.56	UNA

100 Meter Individual Medley			
William Bresko	74	2:27.98	UNA

200 Meter Individual Medley			
William Bresko	74	5:45.28	UNA

Men 80-84

50 Meter Freestyle			
Imre Schmidt	82	0:48.80I	SWA

100 Meter Freestyle			
Imre Schmidt	82	2:01.60	SWA

800 Meter Freestyle			
Imre Schmidt	82	19:35.98	SWA

50 Meter Breaststroke			
Imre Schmidt	82	1:03.39	SWA

100 Meter Breaststroke			
Imre Schmidt	82	2:31.30	SWA

Men 85-89

100 Meter Backstroke			
C.J. Hamilton	89	3:22.76I	LCM

100 Meter Breaststroke			
C.J. Hamilton	89	3:58.83I	LCM

50 Meter Butterfly			
C.J. Hamilton	89	DQ	LCM

100 Meter Individual Medley			
C.J. Hamilton	89	3:50.19U	LCM

RELAYS

Women's 200 Medley

SWA	160+	2:49.96
Amy O'hara	36	
Marsha Lutz	40	
Jennifer Brandenberger	39	
Juli Parnell	45	

Men's 200 Freestyle

SWA	120+	2:06.55
Mike Brosnahan	39	
Eric Ridgway	41	
Shane Maixner	25	
Michael Merrell	54	

WSU	160+	2:07.95
Naoya Okubo	32	
Doug Garcia	41	
Brian Lamb	51	
Bryan Baldwin	38	

Men's 200 Medley Relay

SWA	160+	2:19.92
Trevor Gray	26	
Eric Ridgway	41	
Michael Merrell	54	
Mike Brosnahan	39	

WSU	160+	2:23.47
Bryan Baldwin	38	
Naoya Okubo	32	
Doug Garcia	41	
Brian Lamb	51	

Code to the right of time

U	Unofficial
I	Inland NW Masters Record
Z	Northwest Zone Record
N	National Record
W	World Record
DQ	Disqualification
All records pending verification	

Team Code

SWA	Sandpoint West Athletic Club
SMT	Spokane Masters & Tri
PMS	Panhandle Masters Swimming
LSD	London Silver Dolphins (Canadian)
WKM	West Kootenay Masters (Canadian)
MCM	Moscow Chinook Masters
WSU	Washington State University Masters
NSM	North Spokane Masters
LCM	Lake City Masters
SCM	Spokane Club Masters
UNA	Unattached

TEAM STANDINGS

Sandpoint West Athletic Club	213
West Kootenay Masters	141
Lake City Masters	135
WSU Masters	100
Spokane Club	50
Moscow Chinook Masters	43
London Silver Dolphins	30
North Spokane Masters	30
Panhandle Masters	19

Swimmer Profile



Name: Mike Merrell

Age: 54

Occupation: CPA, soon to be a chief financial officer for an environmental company in Orange County.

Swim Club: Sandpoint West Athletic Club and Mission Viejo

Years Swimming Masters: Six, I swam in college, and then ran for 25 years. In my younger running days I ran a 2:23 marathon. When I got injured I decided to return to swimming, and I am enjoying it now more than I did in college.

Favorite Event: 200 Breaststroke and I am working on the 400 IM

Why: Because I like anything over 200 yards

Favorite Food: BBQ, I will BBQ two-three times per week even in the winter.

Favorite Movie: Where Eagles Dare

Little Known Fact: I was born in Kamiah, Idaho and my family has been in the Northwest for over a 100 years. The first coming in 1853 via the Oregon Trail.

The Creation of Food

And God populated the earth with broccoli and cauliflower and spinach, green and yellow vegetables of all kinds, so Man and Woman would live long and healthy lives.

And Satan created McDonald's. And McDonald's brought forth the 99-cent double cheeseburger. And Satan said to Man, "You want fries with that?" And Man said, "Super-size them," and Man gained pounds.

And God created the healthful yogurt, that Woman might keep her figure that Man found so fair.

And Satan froze the yogurt, and he brought forth chocolate, nuts, and brightly colored sprinkle candy to put on the yogurt. And Woman gained pounds.

And God said, "Try my crispy fresh salad."

And Satan brought forth creamy dressings, bacon bits, and shredded cheese. And there was ice cream for dessert. And Woman gained pounds.

Volunteer Sought for Inland NW Records an

After 11 years, Margaret Hair is resigning as Top 10/Records Chair effective the end of April. The LMSC is looking for a volunteer for the position of Top Ten/Records.

Knowledge of Hy-tek is helpful, but not required. Laptop and printer is provided by the LMSC.

Duties include coordinating with the meet data entry person, submitting Top 10 information to the USMS Records and Tabulations Committee, maintaining the Zone Short Course Meter records, and the records for our LMSC.

The hours vary per month with little or none during the summer months and 3-4 hours per month during the winter and early spring.

For more information and details, contact Margaret Hair, 208-667-3721, ramgolf@gocougs.wsu.edu

And God said, "I have sent you heart healthy vegetables and olive oil with which to cook them."

And Satan brought forth chicken-fried steak so big it needed its own platter. And Man gained pounds and his bad cholesterol went through the roof.

And God brought forth running shoes and Man resolved to lose those extra pounds.

And Satan brought forth cable TV with remote control so Man would not have to toil to change the channels between ESPN and ESPN2. And Man gained pounds.

And God said, "You're running up the score, Satan." And God brought forth the potato, a vegetable naturally low in fat and brimming with nutrition.

And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And he created sour cream dip also. And Man clutched his remote control and ate potato chips swaddled in cholesterol. And Satan said, "It is good." And Man went into cardiac arrest.

And God sighed and created quadruple bypass surgery.

And Satan chuckled and created HMOs.

— source, unknown, thanks to Cathy Murphy of WSU Masters for this humorous information.

Home Truths

We are bombarded with nutrition information constantly, much of it seemingly contradictory. The high protein, low carbohydrate diet is in vogue after years of hearing that high carbohydrate, low fat is the way to eat. Billions of dollars are spent annually by individuals trying to lose weight yet, as a nation, we become more obese every year. What's with all that anyway?

One of the things I enjoy most about the field of nutrition is the fact that we do not have all the answers and that there is always more to learn. The downside of this for the public is that nutrition information and recommendations seem to change constantly. Today, I would like to leave you with a few nutrition truths to consider.

A Calorie is a Calorie is a Calorie. In order to lose weight, you have to eat fewer calories than you expend. If your object is strictly weight loss, rather than good health, it doesn't matter if that calorie comes from fat, carbohydrate or protein. The reason that the high protein diet works for many, is that it ends up being lower in calories. It's that simple.

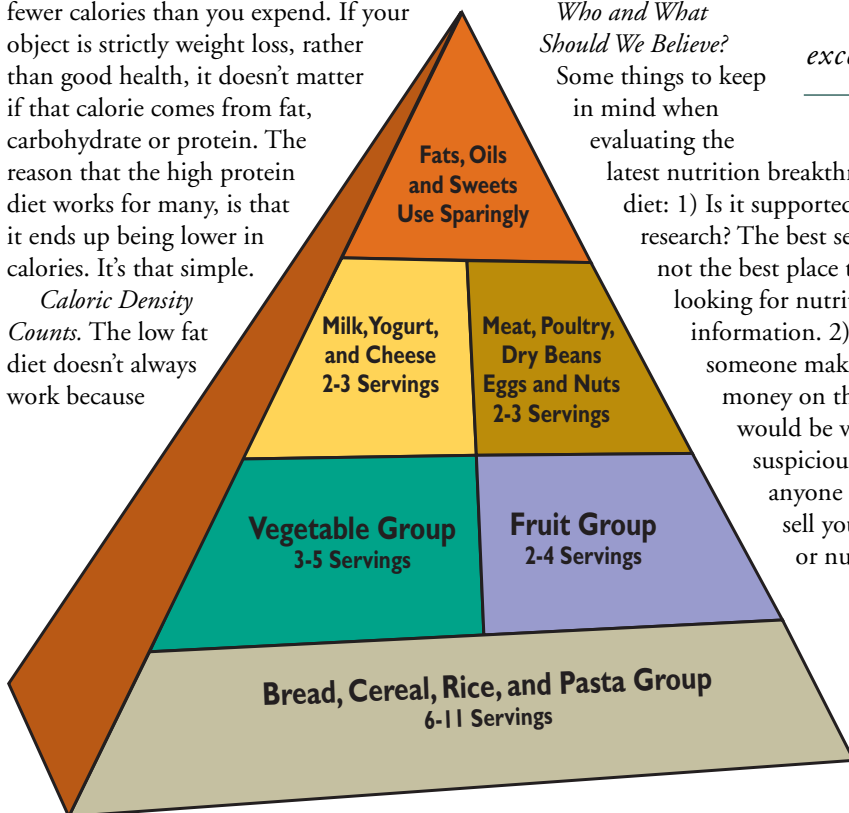
Caloric Density Counts. The low fat diet doesn't always work because

people often forget that not all low fat foods are also low in calories. Foods that are high in simple carbohydrates (i.e. sugars) are also often high in calories. Eat more carbohydrate calories than you expend and your body is quite happy to convert the excess carbohydrate to fat. Some concepts to keep in mind: fruit juice is not the same as the whole fruit, refined sugars and starches are not the same as the whole grain product and potato chips are not the best way to be eating potatoes.

Moderation is a BAD Word. Well, not really. But most Americans seemingly have a difficult time doing any thing in moderation, including eating. That's why fad diets are so attractive.

Who and What Should We Believe? Some things to keep in mind when evaluating the

latest nutrition breakthrough or diet: 1) Is it supported by research? The best seller list is not the best place to be looking for nutrition information. 2) Is someone making money on this? I would be very suspicious of anyone trying to sell you a book or nutrition



Nutritional information for swimmers as compiled by Elin Zander, RD

product along with a new diet. Could they be laughing all the way to the bank? 3) Does the diet make nutrition sense? We all know that research has shown over and over again the benefits of a diet high in

fruits and vegetables, so why do we believe that any diet that restricts fruits and vegetables is in our best interest? 4) What are the credentials of the person promoting the diet? This is a tough one because there are many people in the medical/health profession selling bad nutrition information. In any case, it is best

Eat more carbohydrate calories than you expend and your body is quite happy to convert the excess carbohydrate to fat.

to get a second and even third opinion. Check out www.eatright.org or www.navigator.tufts.edu, or make an appointment with your nearest impartial nutrition expert (like a registered dietitian.)

Food is More than Gasoline. Food feeds the soul, not just the body. How much and what we eat is influenced by much more than simply appetite. Comfort food. Stress eating. Overeating due to fatigue. Hey, if it were easy, we'd all be thin, right??

Common Sense is Still the Best Ingredient. However it is you chose to eat, it should make sense to you and for you.

Editors Note: This will be the last column of the Nutrition Nuggets by Elin Zander. Elin will be devoting her volunteer hours to the Partners for Pets program. We'll miss you Elin!



February Fitness Challenge 2003

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. Please allow at least 30 days after deadline for mailing of results and awards.

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Rules & Eligibility: Use of training aids and equipment IS permitted. You must be at least 18 years of age.

Group Awards: The top three groups with the largest number of participants will receive special awards. The group with the top total yardage will receive a special award.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Entry Fee: \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

T-Shirts & Caps: \$14.00 for short sleeve, 100% cotton T-shirts, with the 2003 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

Recording Results: Beginning February 1, 2003, record on the form below: either the number of yards completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Entry Deadline: Entries must be RECEIVED by March 14, 2003. Late entries will not be accepted.

Conversions: To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: FebFitness@swimoregon.org

web page: http://www.barracudas.org

Monthly Totals: At month's end, add daily results to obtain monthly total.

International Entries: \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Workout/Fitness Brochure: Check the Barracuda Web Page for a special February Fitness Challenge Workout Brochure. (Can be down loaded as a pdf file)

Age Groups: 18-24, 25-29, 30-34...etc., (in five-year increments). Age is determined by your age on February 28, 2003.

February Fitness Challenge 2003: Entry Form (please Print)

NAME: _____ AGE(as of 2/28/03) _____ SEX: _____
 ADDRESS: _____ CITY _____ STATE _____
 ZIP _____ COUNTRY _____ PHONE _____
 E-MAIL _____ NAME OF GROUP _____

RESULTS Electronic results via email address listed above Paper results via US Postal

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Sat Feb 1	_____	Tue Feb 11	_____	Fri Feb 21	_____	Tue Feb 25	_____
Sun Feb 2	_____	Wed Feb 12	_____	Sat Feb 22	_____	Wed Feb 26	_____
Mon Feb 3	_____	Thu Feb 13	_____	Sun Feb 23	_____	Thu Feb 27	_____
Tue Feb 4	_____	Fri Feb 14	_____	Mon Feb 24	_____	Fri Feb 28	_____
Wed Feb 5	_____	Sat Feb 15	_____				
Thu Feb 6	_____	Sun Feb 16	_____				
Fri Feb 7	_____	Mon Feb 17	_____				
Sat Feb 8	_____	Tue Feb 18	_____				
Sun Feb 9	_____	Wed Feb 19	_____				
Mon Feb 10	_____	Thu Feb 20	_____				

MONTHLY TOTALS = _____ **YDS** _____ **DAYS**

Signature: _____ **Date** _____
 (I attest that the above results are accurate and true)

Fees: Entry Fee \$ 8.00 _____(required)
 2nd Challenge \$ 4.00 _____(optional)
 T-Shirt ___ x \$14.00 _____(optional)
 *Circle T-shirt size (s): S M L XL XXL
 Swim Cap ___ x \$ 4.00 _____(optional)
 International Fee \$ 8.00 _____(outside US)
 Total: _____ (US funds only)
 (please make checks payable to **Tualatin Hills Barracudas**)

2003 UNITED STATES MASTERS SWIMMING & INLAND NORTHWEST MASTERS MEMBER REGISTRATION

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use
Street Address	Apt.#		
City	State	Zip	
Phone (with area code)	Email: <i>(to be used for online newsletter, and will not be sold for junk email)</i>		

USMS 2003

Date of Birth	Age	Sex	Today's Date (not good before 11/1/2002)
---------------	-----	-----	--

Team Affiliation

- | | | | |
|--|---|---|---|
| <input type="radio"/> Inland Empire YMCA | <input type="radio"/> Lake City Masters | <input type="radio"/> Moscow Chinook Masters | <input type="radio"/> North Spokane Masters |
| <input type="radio"/> Sandpoint West Athletic Club | <input type="radio"/> Spokane Club Masters | <input type="radio"/> Spokane Masters and Tri | <input type="radio"/> WSU Masters |
| <input type="radio"/> Wenatchee Valley Masters | <input type="radio"/> Yakima Valley Masters | <input type="radio"/> Unattached team | <input type="radio"/> Unattached club |

Unattached team means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. **Unattached club** means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

- I am a certified USA Swimming Official
 I am a certified high school swimming official
 I coach Masters Swimmers

B E N E F I T S O F M E M B E R S H I P I N C L U D E :

⇒ *SWIM Magazine* for the length of the membership ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇒ Secondary accident insurance ⇒ Coached workouts in locations nationwide.

WHERE DO MY REGISTRATION FEES GO? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2003 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2003)

- New Registration
 Renewal, my current USMS Number is _____
Please check appropriate level
- Individual Registration \$30.00
 Couples Registering together \$55.00
 Senior Registration (age 60+) \$27.50
 Late Year Registration fees not set (for those registering in September or October)

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these funds.)

- | | |
|---|---|
| <p>United States Masters Swimming Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p> | <p>International Swimming Hall of Fame Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p> |
|---|---|

Make check payable to	IWMSC	Amount Enclosed
Mail check and form to:	Sue Dills	
	639 N. Riverpoint Blvd. #3W	
	Spokane, WA 99202	

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE _____ **DATE** _____

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Be Prepared for **CARDIAC EMERGENCIES**



Within the past year, the *Baltimore Sun* ran a story about a very fit male swimmer and runner in his mid-40s who passed out in the locker room after a workout. It took more than twenty minutes for the ambulance to arrive. Fortunately three physicians administered CPR to him and he made a full recovery.

This past summer, a Masters coach sent an email to a list of friends describing an incident in which a man who she described as “an extraordinarily fit runner” with no prior symptoms passed out in the pool after warm-up. He had a cardiac arrest and, once again, luckily recovered.

How many times have you imagined what you would do if your friend in the next lane suddenly stopped swimming and clutched his or her chest? Are you adequately trained to handle this situation so that you can maximize the chances that your friend will survive his or her cardiac episode?

Although most of us don't like to think about these situations, incidents do occur. One way that Masters teams and workout groups can be prepared for a cardiac incident is to encourage each swimmer in the group to get CPR (cardiopulmonary resuscitation) training. There are many inexpensive options and there couldn't be a better investment of time and money.

*By Katherine Branch
Maryland LMSC*

Organizations Rescue Training include:

- *American Red Cross* www.redcross.org/
Call the national phone number 202-639-3520 or check the web site to contact the local chapter nearest you.
- *American Heart Association*
www.americanheart.org/
- *National Safety Council* www.nsc.org

**Get certified TODAY, and keep your
certification current.**