

Potomac Valley Meeting Minutes - 10/26/97

The meeting began with a formal presentation to Joann Leilich of an award honoring her years of service to Potomac Valley as registrar. She is named on the Wall of Champions at the Swimming Hall of Fame.

1) Officer's Reports:

Treasurer:

- 1) Submitted a balance sheet for 1997 (contains line item for sending PV delegates to the USMS convention including airfare, hotel, parking, and registration, TOTAL = \$3718)
- 2) Reported that convention costs came in under budget.
- 3) Will submit a new budget for 1998 at the March 22 PV meeting.

Registrar:

- 1) If your PVMS renewal form is in a newsletter (8.5" x 11" size), please cut it to size, because it is filed in a small folder.
- 2) If you wish to know how many people are registered in each team in Potomac Valley, send an email request to PVRegistrar@usms.org
- 3) Potomac Valley has a web site which can be accessed through the USMS site at:
<http://www.usms.org>
- 4) Potomac Valley is the 3rd largest LMSC in the country in the smallest geographic area.
- 5) You can donate an additional \$1 when renewing your USMS membership, to International Swimming Hall of Fame or the USMS Foundation.
- 6) The Marketing Committee at convention noted that big corporations are donating a lot of money to Masters swimming. They will not continue to donate large amounts unless they feel that we're supporting them by buying their products.
- 7) Our corporate supporters are: PowerBar, Kast-a-Way, The Finals, Competitor Swim Products, Pfizer, Alamo, and Quest.
- 8) A number of local PV members competed in the Hawaii Ironman including: Terrapin Tim Jacobs of Baltimore in 13:01:50, Robin Westbrook of Great Falls in 14:07.24, and Eric Sorenson of Dunn Loring in 10:24.09.
- 9) U.S. Representative Phil English has proposed a postage stamp to honor USMS. Write or call your representative if you support this.

Sanctions:

- 1) Meet evaluators have been chosen for the DCRP meet (Tom Denes), the Terrapin Masters 1000/1650 yard meet (Jeff Roddin), and the Albatross Open (Dave Diehl).

Top Ten:

- 1) Walt Reid is retiring from his position as national Top Ten Compiler and Records/Tabulations Committee Chair.
- 2) The 1996/7 Short Course Yards awards will be presented at the Turkey Classic meet.

Old Business:

1) A motion was passed that unbudgeted expenditures totalling less than \$100 may be approved by the Chairman and Treasurer so long as the expenditure is consistent with the purposes and budget of the organization, is a written request (email or paper), and is reported at the next general meeting.

2) Potomac Valley still has a reserve of \$14,000. Dave Diehl proposed that the reserve be left intact since it appears to be stable.

3) Next year's officers were elected:

Effective January 1, 1998, Debbie Morrin will be Chairman, Rob Whitters will continue to serve as Treasurer, and Cheryl Wagner will continue to serve as Secretary. Joann Leilich volunteered to assume responsibility for Top Ten Awards.

4) The next meeting will be on March 22 at 12PM in Jeff Roddin's house.

Address: 13548 Coachlamp Lane (Silver Spring, MD):

Phone: 301-603-0528.

Directions:

a) From DC or the beltway (I-495) in MD, take Georgia Ave (Exit 31) north.

b) At about 3/3.5 miles north of beltway bear right on Rt-182 (Layhill Road; 1 block past fire station).

c) After about 1 mile turn right on Middlebridge Drive.

d) Turn left onto Coachlamp Lane. House is 13548 Coachlamp Lane.

Attendees:

Rob Whitters - AVST

Frank Marcinkowski - BURK

Lee Bettis - DCM

Joann Leilich - DCM

Brian Ellis - FXCM

Mark Walters - GERM

Jeff Roddin - ANCM

Tom Denes - ANCM

Margot Pettijohn - ANCM

Lynn Hazlewood - RMST

Dave Diehl - TERR

Cheryl Wagner - TERR

1997 USAS CONVENTION - Burlingame, CA

PV Delegate: Jeff Roddin

REGISTRATION

1. Discussion regarding foreign swimmers. Conclusion was foreign swimmers may join USMS.
2. Other LMSCs charge between \$1 and \$5 for replacement cards. These LMSCs note the fee causes swimmers to be more responsible with their cards. Note PV only asks for swimmers to send a SASE to the registrar.
3. One event/one day registrations are available. LMSCs may choose whether or not they want to offer them. Note PV considers the annual registration to be low enough not to offer one event/day registrations.
4. Swimmers are entitled to a 30 day try out period (once per year). For swimmers interested in this option, the Club must have the swimmer fill out a waiver and the waiver should be filed with the LMSC registrar. Club 'B' is not responsible if a swimmer was at Club 'A' for 30 days and then goes to Club 'B' and says they are new and would like to try out (assuming the Clubs file the waiver with the registrar). Clubs in PV wishing to exercise this option should have the swimmers fill out a standard registration form and mark across the top "30 day trial."
5. Discussion about online registration using a credit card. No action now but its future is likely.
6. Problem with some LMSC Registrars sending in their monthly reports and the corresponding LMSC Treasurer not sending accompanying payment timely. A 1.5% monthly finance charge will now apply after a 60 day grace period. Note PV does not have this problem as the Registrar has check writing privileges and encloses payment with reports.
7. Discussion about adding check box to registration forms for donations to ISHOF Foundation and/or USMS Foundation. Registrars are expected to keep track of these and send them in to the National Registrar. PV 1998 Registration forms were printed prior to this discussion, unfortunately. Therefore our forms will be modified next year. This year Club Presidents will be asked to spread the word to their swimmers. Swimmers may contribute this year by adding the extra money to their registration fee and note which foundation they would like to support.

MARKETING

Very little support by USMS members for our corporate sponsors (credit card opportunity, pre-paid phone cards, Competitor products, Mindspring, Kast-A-Way, Alamo rent a car, plus others). Local clubs are asked to at least call people like Kast-A-Way to compare prices before automatically going to a local source.

CHAMPIONSHIP

1. Discussion about "diving over the top" to keep heats running quickly at Nationals. Some people don't like the idea they MUST stay in the water especially if they are tired while other need extra time to get out which slows the meet considerably. Discretion will be left to meet directors.
2. 1999 SC Nationals: Santa Clara won over 2 bids from Hawaii
1999 LC Nationals: Univ of Minnesota won with no other bids

UNITED STATES MASTERS SWIMMING
CONVENTION HIGHLIGHTS
Burlingame, CA, September 25-27, 1997
Submitted by David Diehl, Chairman, PVMSC

Potomac Valley Attendees: Delegates; Jeff Roddin, Rob Whitters, Debbie Morrin; At-Large - Lynn Hazlewood (Long Distance Rules), David Diehl (Rules).

The following were the significant items from the Convention of interest to Potomac Valley Masters Swimming:

Convention Committee - 1997 Convention was the largest ever with over 200 delegates. The 1998 Convention will be held in Cincinnati, OH.

Elections - New officers for next two years; President: Nancy Ridout, Pacific; Vice-President: Jack Geoghegan, Connecticut; Secretary: Betsy Durrant, Virginia; Treasurer: Jeanne Ensign, Pacific Northwest; and Zone Chair: Hugh Moore, Pacific Northwest.

Championship Committee - 1999 Short Course Nationals awarded to Santa Clara, CA, May 6-10 or 13-17(TBD) and 1999 Long Course Nationals awarded to Minneapolis, MN, August 19-23. 1998 YMCA Masters Nationals will be held in Ft. Lauderdale, April 23-26.

Marketing/Publications Committee - Please support the official sponsors of United States Masters Swimming: Quest International, USMS Pre-pay Phone Card, MBNA USMS Master Card, Kast-A-Way, Power Bar, Alamo, Speedo, Pfizer, Ultra Swim, Competitor Swim Products, and the Finals.

Registration Committee - Registration nationally is over 31,000. A portion of our registration (25 cents per swimmer) supports the International Swimming Hall of Fame.

Rules Committee - No rules changes were considered an emergency in this non-rule year. For clarification purposes, in freestyle events, the forward start or short course yards backstroke start shall be used (this clarifies the rule for the USS officials that the swimmers swimming backstroke in a freestyle event may use a backstroke start). No USS rule changes affected USMS.

Swim Magazine - The "Newsletter of the Year Award" was given to Mike Collins of Davis Aquatic Masters.

On-Line Computer Committee - Now a standing Committee. The USMS web site (www.usms.org) contains top 10 lists, national records, championship results, training tips and workouts, convention report information, sports medicine, health and safety articles and much more.

Zone Committee - The new Colonies Zone Representative is our own

Lynn Hazlewood.

Recognition and Awards Committee - The Ransom Arthur Award (highest award in Masters Swimming) was given to Mel Goldstein, the outgoing USMS president.

Safety Education Committee - Each LMSC should appoint a safety coordinator.

Coaches Committee - A coaches manual is available from the National Office for approximately \$21.00 (Call 603-537-0203). The Coach of the Year Award was presented to Bonnie Addair, from Southern California.

Planning Committee - An Executive Director position is still under consideration for USMS.

Insurance Committee - USMS changed insurance carriers with no change in coverage and at a better price. .

Fitness Committee - All LMSC's should have a Fitness Chair for better communication regarding fitness activities and events.

International Committee - A new rule is being proposed to FINA (International governing body) to add the 400 (medley and free) and 800 free relays to international meets and recognize the events for world records.

Long Distance Rules - Virginia Masters was awarded the 1999 National Championship two mile cable swim.

Officials Committee - The need for consistency and fairness in officiating masters meets was stressed.

Budget Report
1/1/97 Through 12/31/97

Category Description	1/1/97 Actual	- Budget	12/31/97 Difference
INCOME			
Ind. & Club Reg	19,719.00	35,004.00	-15,285.00
Interest Income	431.78	504.00	-72.22
Rebate	15.00	0.00	15.00
Sanction Fee	600.00	900.00	-300.00
TOTAL INCOME	20,765.78	36,408.00	-15,642.22
EXPENSES			
Airfare	1,624.36	2,700.00	1,075.64
Awards	129.15	48.00	-81.15
Bank Charge	5.00	60.00	55.00
Copying	2,204.06	2,904.00	699.94
FAX	1.50	12.00	10.50
Hotel	1,056.00	1,800.00	744.00
Ind. & Clubs	14,956.00	24,000.00	9,044.00
Misc.	80.00	156.00	76.00
Office	319.60	504.00	184.40
Parking	58.00	0.00	-58.00
Postage	1,653.40	2,100.00	446.60
Publications	0.00	48.00	48.00
Refund	55.00	0.00	-55.00
Registration	650.00	456.00	-194.00
Reimbursement	0.00	756.00	756.00
Sanction Refund	685.00	696.00	11.00
Software	0.00	0.00	0.00
SUSPENSE	0.00	0.00	0.00
Telephone	70.15	36.00	-34.15
TOTAL EXPENSES	23,547.22	36,276.00	12,728.78
TOTAL INCOME - EXPEN...	-2,781.44	132.00	-2,913.44
TRANSFERS			
TO Checking-Nation	-8,000.00	-8,004.00	-4.00
TO Savings-Nations	0.00	0.00	0.00
FROM Checking-Nation	0.00	0.00	0.00
FROM Savings-Nations	8,000.00	8,004.00	-4.00
TOTAL TRANSFERS	0.00	0.00	0.00
OVERALL TOTAL	-2,781.44	132.00	-2,913.44

Balance Sheet

As of 10/26/97

Acct	10/26/97 Balance
ASSETS	
Cash and Bank Accounts	
Checking-Nation	629.31
Savings-Nations	14,266.20
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TOTAL Cash and Bank Accounts	14,895.51
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TOTAL ASSETS	14,895.51
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LIABILITIES & EQUITY	
LIABILITIES	0.00
EQUITY	14,895.51
	<hr/>
TOTAL LIABILITIES & EQUITY	14,895.51
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PRESENTATIONS AT 1997 FINA CONVENTION

TRAINING AND PERFORMANCE

A contentious issue in swim training is specificity vs long, slow distance. Stewart, Sanders and Hopkins asked 12 coaches to prescribe a race-specific, high-intensity, low-volume training program for a period of six months, while another 12 coaches in a control group were expected to prescribe training using their usual long, slow program. There was a gain of a few percent for sprinters (50-m and 100-m events) in the race-specific group relative to the control group, and no real difference between the groups for middle-distance swimmers (200-m and 400-m events). But the coaches did not comply well with the training programs, so we still don't know for sure which type of training is better.

Is there a difference between stroke rate and stroke length at various levels of effort? Kohji Wakayoshi presented results from a study investigating the relationship between physiological parameters and stroke technique at aerobic and anaerobic intensities. All tests were conducted over 400 m in which paces equivalent to 80% to 85% of best pace and 90% to 95% best pace were found to be primarily aerobic and anaerobic respectively. The pace equivalent to 85% of $\dot{V}O_2$ max was found to have a strong affinity to maximal 400 m pace ($r=0.978$). Swimmers maintained their stroke rate and stroke length while swimming at aerobic intensities, but stroke rate and stroke length increased and decreased respectively during intensities that induced primarily anaerobic metabolism. Bottom line: train at paces that will increase your ability to maintain the high stroke rate and stroke length required in competition.

MUSCLE FATIGUE

Westerblad proposed that the early force decline during fatigue was ~10% in the central nervous system and ~90% in the muscle. The impairment in skeletal muscle involves a reduced ability to produce force, a reduced shortening speed, and slowed relaxation. The popular notion is that acidosis (due to lactic acid accumulation) is the major factor causing such impairment, but acidosis has little effect on contractile function at normal physiological temperatures. Instead, it would appear that the early force decline during fatigue is due to accumulation of inorganic phosphate and the additional force decline in severe fatigue seems to be caused by impaired intracellular Ca^{++} release due to localized energy imbalance (increased Mg^{++} , reduced ATP, and/or increased ADP). He postulated that the reduced shortening speed seems to be caused by accumulation of ADP in the vicinity of the contractile proteins, possibly at the site of Ca^{++} release and uptake between the T-tubule and sarcoplasmic reticulum.

SWIMMING TECHNIQUE AND EFFICIENCY

Monique Berger and her associates in Amsterdam investigated the relationship between propelling efficiency and swimming velocity. Propelling efficiency depends on the amount of energy lost to the water by giving the water kinetic energy. The more energy given to the water, the less the propelling efficiency. Propelling efficiency increased with increasing velocity, but at the highest velocities some subjects showed a decrease in efficiency.

A Japanese team led by Futoshi Ogita investigated the effect of hand paddles on anaerobic energy release during supramaximal swimming. Their findings indicated that the faster swimming with hand paddles was due to

mechanical factors such as higher propelling efficiency due to the larger propelling surface area and not due to metabolic factors.

How do stroke mechanics impact on swimming economy in freestyle swimming? Alves and Gomes-Periera from Portugal reported that a high elbow recovery and a long glide relative to the total stroke duration are associated with economy.

PROPULSION AND DRAG IN SWIMMING

Hideki Takagi and his Japanese colleagues presented a method for estimating active drag. The provocative finding: active drag might not be proportional to the square of swimming velocity as has been commonly assumed. Their data indicated that the exponent is less than two.

Peter Hollander and Monique Berger resurrected the old argument of whether drag or lift forces from the hands contributes more to propulsion. Neither drag nor lift can fully explain the propulsion produced by the hands in swimming, because energy losses due to force generation exceed those indicated by measures of oxygen uptake during swimming. The authors speculated that energy is recaptured from the water, possibly due to energy being absorbed from the vortices created by the hand and arm movements.

Does the shape of the hand affect force generation? Ross Sanders reported that he altered the shape of a hand model to yield four different shape conditions. The findings: thumb adduction did not alter drag forces, but affected the generation of lift. Palmar flexion of the wrist influenced drag as well as lift. The drag force was higher when the hand was flexed.

Ross Sanders presented implications arising from a study of lift and drag forces of the hand at all possible orientations. Continuous three-dimensional surfaces representing lift and drag coefficients as functions of pitch and sweepback angles were produced. The model included surfaces to take account of the effect of "added mass" occurring during periods of hand acceleration. The results showed clearly that the musculature surrounding the adducted thumb has a large influence on the magnitude of lift forces. The model showed that with intermediate pitch angles of around 45 degrees large forces are produced when the sweepback angle is near 45 degrees and 135 degrees. Swimmers may commonly attain 45 degrees of sweepback with 45 degrees of pitch during the insweeps of freestyle, breaststroke and butterfly. Swimmers may commonly attain 135 degrees of sweepback and 45 degrees of pitch during the outswEEP/backswEEps of freestyle, breaststroke, and butterfly.

POTOMAC VALLEY MASTERS
1997 TEAM ATTENDANCE

TEAM	ABBR	March-97	June-97	October-97
Alexandria Masters Swimming	ALEX		R. Novitske	
Arlington Ageless Masters	AAMS			
Ashburn Village Sports Pavilion Masters	AVST	R. Whitters	R. Whitters	R. Whitters
Bethesda-Chevy Chase YMCA	BCCY			
Bowie Aquatic Club	BAC			
Burke Masters	BURK			F. Marcinkowski
Chinquapin Masters Swim Team	CHIN			
DC Masters	DCM	L. Bettis	J. Bruner	Bettis, Leilich
Dist Of Columbia Dept Of Recre & Parks	DCRP	T. Hallinan		
District Of Columbia Aquatics Club	DCAC			
Fairfax County Masters	FXCM			B. Ellis
Germentown Maryland Masters	GERM		M. Walters	M. Walters
Jack Masters International	JACK			
Maryland Suburban Swim Club Masters	MSSC			
Montgomery Ancient Mariners	ANCM	Roddin, Denes, J. Roddin	Roddin, Denes,	Roddin, Denes,
		Pettijohn	Pettijohn	Pettijohn
National Capital YMCA	NCYM			
National Naval Medical Center Sharks	NNMC	N/A		
Northern Virginia Jewish Community Ct	JCCN			
NRL Recreation Club	NRLR			
Pentagon Masters Aquatic Club	PMAC			
Reston Masters Swim Team	RMST	S. Hertz	P. Bates	L. Hazlewood
Rockville Masters	RMSC	B. Fisher	B. Fisher	
Starlit Aquatic Club	STRL	N/A	N/A	
Team Gold	GLD			
Terrapin Masters	TERR	Diehl, Morrin, Wagner	Diehl, Wagner	Diehl, Wagner
The Capitol Sea Devils Masters	TCSD			
Tri-Masters Swimming	TRIM	A. Sumser		
Upper Montgomery County YMCA Masters	UMCY		L. Eckrich	
Wakefield Masters Swim Club	WAKE			
Other				