

# SPLASH MASTER

Volume 8 Number 3

September 2005

## MEASURING YOUR SWIMMING AND FITNESS SUCCESS

BY DOUG GARCIA, HEAD COACH WSU MASTERS

**W**hether you're a competitive Masters swimmer or not, all swimmers have opportunities to measure their success. The most common of these measurements is the clock—swim the 50 Freestyle in :25. However there are a number other ways you can measure success.

### Pool Markings

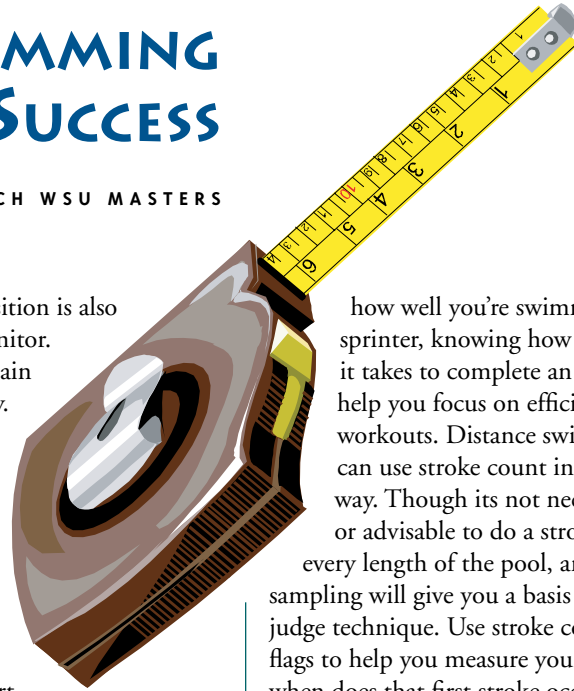
Most pools have flags, lane lines and markings on the bottom to help you navigate. These devices can also be used to aide in measuring your success. Look carefully at the elite swimmers and you will see picture perfect turns and breakouts every single time. These athletes breakout way beyond the flags before they take their first breath or stroke. They're pushing the limits of the 15-meter mark on the underwater portion of Backstroke, as well as in the other strokes. When you go to the pool for workouts focus on getting beyond the flags before you take the first breath. Effective breakouts lead to swimming efficiency—an opportunity for improved fitness.

The streamline position is also very important to monitor. With age comes a certain amount of inflexibility. The streamline position is a difficult stretch to maintain by even the most flexible of people. By working on a consistently good streamline position on every turn, you start to become more flexible in your shoulders. Remember the streamline position should be: hand over hand, wrist over wrist, with the thumb wrapped around the pinky, with the head and spine in alignment. Anything wider than this position is compromising the streamline and your swimming effectiveness. Be careful not to drop your elbow (a common mistake) in the attempt to get into the streamline position.

### Stroke Count

Whether a sprinter or a distance swimmer, stroke count is always a good measure of

how well you're swimming. For the sprinter, knowing how many strokes it takes to complete an event can help you focus on efficiency during workouts. Distance swimmers can use stroke count in the same way. Though its not necessary or advisable to do a stroke count every length of the pool, an occasional sampling will give you a basis in which to judge technique. Use stroke count and the flags to help you measure your success—when does that first stroke occur, before or after the flags? *see MEASURING on page 2*



## Inland NW Masters Calendar

### September 15-November 15, 2005

3000/6000 National Postal Championships (short course yards pool) visit [usms.org](http://usms.org) for entry form and details

### September 14-17, 2005

United States Aquatic Sports and USMS Convention, Greensboro, North Carolina

### September 14, 2005

Entry forms due postmarked for Moscow Chinook Masters Swim Meet, Moscow, Idaho, entry form on page 3.

### September 24, 2005

**Moscow Chinook Masters Swim Meet**, Moscow, Idaho

### October 15 & 16, 2005

**USMS NIKE Swim Clinic Weekend**  
Join World Champion Aaron Peirsol & USMS Coach of the Year Bob Bruce for an Incredible Swim Experience! For details contact Suzi Thompson at 408-586-9799 or by email to [suzithompson@mailblocks.com](mailto:suzithompson@mailblocks.com)

## Inside This Issue

- Steve Omi Swim results (page 4)
- Long Bridge Swim results (page 4)
- World Masters Games results from Edmonton, Alberta (page 5)

## New Online

- New Look to Inland NW Masters Web site
- All individual records, bylaws and operating guidelines now online.



[www.InlandNWMasters.org](http://www.InlandNWMasters.org)



## Inland Northwest Masters

Local Masters Swimming Committee Board and Team Representatives full contact information available online [www.InlandNWMasters.org](http://www.InlandNWMasters.org)

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View from the Chair  
SUZANNE SIMPSON • INLAND NORTHWEST MASTERS CHAIR

## Sport for Life!

This summer I competed in the World Masters Games in Edmonton, Alberta. Every participant received a blue “Live Strong” like wristband with the words “Sport for Life” on one side and “Le Sport a Vie” on the other. I’ve been wearing mine ever since.

The World Masters Games are, as my husband describes them, “the Olympics for old people”. I like to use the term, “the Olympics for the well seasoned and more experienced”. However one chooses to describe the World Masters Games, everyone agreed it was an inspiration to participate either as an athlete or as a spectator.

The oldest female swimmer was 91 and the oldest male swimmer was 89. Now that’s Sport for Life! Watching them swim, I kept thinking, “Wow, I hope I’ll be like them someday”. To be able to participate in any sport during the “golden years” would be a blessing and a tribute. (My 45 year old husband was inspired to finish behind

70+ year old men in each of the three swimming events he entered.)

I ate breakfast on two mornings with a group of Canadian women on a 65+ age group basketball team. I didn’t see them play a game, but it was an inspiration just to see them in their basketball uniforms. I was able to watch a women’s 40+ age group soccer game. They were fast, ran all over the field with amazing skill and were incredibly physical. I probably wouldn’t have even made it through one soccer game, let alone the tournament, without getting injured. I concluded that swimming is a much safer, less injury prone sport to choose as a “Sport for Life”.

We all know that regular exercise can lower cholesterol, lower blood pressure, ward off many diseases, including dementia. “Sport for Life” is much more than three words, it represents a healthy, active lifestyle. To each and everyone, I hope this fall will be a step in our walk to “Sport for Life”.

### MEASURING from page 1

If you travel and swim in a small motel pool, still get in a workout. Figure out how many strokes it takes to get from one end to the other with a turn. It might be just two strokes after a good push to get to the other side, but you’re focusing on getting the most out of your push-off and making your stroke count effective.

### Breathing Patterns

Another way to measure effectiveness is to examine breathing patterns. Breathing too frequently can slow you down, not breathing enough could mean stalling and gasping when you do breath. For anyone to obtain a high level of fitness, a variety of breathing patterns and speeds is critical. If you desire to race short events, plan your breathing. Getting more than two breaths per 25 on a 50 yard Freestyle race is generally not necessary. However this must be practiced. If you never do two breaths per 25 in workouts, you should not expect to do so in a race situation. If you’re a distance swimmer, work on a consistent

breathing pattern while maintaining a consistent pace with the clock.

### Feeling the Water

There are many ways to feel the water. The pull is the most common, but you should feel the water through kicking as well. Feel resistance in both the up and the down motion of the flutter kick. Be aware of the inward sweep on the Breaststroke kick—it’s a subtle feeling. Do you feel the second kick on the Butterfly?

Sculling exercises are a good way to feel the water in a manner that is not done with normal swimming. Incorporate sculling as part of your warm up or cool down to heighten awareness of the propulsion in the forearms.

If you travel, sculling at the hotel pool and doing vertical kicking is better than no workout at all—and it gives you a different feel for the water.

Implement these concepts into your workout routine and your swimming successes and technique will improve—even if you do not compete.

# Chinook Spawning Swim Meet (birth of a new season)

**SATURDAY SEPTEMBER 24, 2005**

**Date/Times:** Saturday, September 24, 2005. Warm-up starts at 10:30 am, meet starts at 11:30 am.

**Sponsor:** Moscow Chinook Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3550924.

**Eligibility:** All swimmers must be currently registered Inland NW Masters/USMS swimmers. New registrations (found in the *Splashmaster* or online at [www.InlandNWMasters.org](http://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 2005 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

**Deadline:** All entries must be postmarked by September 14, 2004. Incomplete or late entries will be treated as "deck entries."

**Fees:** \$10.00 for entries sent before September 14, \$15.00 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 two relay events.

**Directions from Pullman:** from Pullman: Take SR 270 east to Moscow. Turn right at the second light onto Perimeter Drive. Turn left onto Sixth Street (first left). Turn right at second right onto Rayburn Street and go up the hill—the Kibbie Dome will be on your right—turn left into Parking Lot #39. Access the Swim Center through Memorial Gym. **Directions from Coeur d'Alene:** Take US 95 south to Moscow. Turn right at fourth light onto Sixth Street. Turn left onto Rayburn Street (at the 2nd stop sign) and go up the hill—the Kibbie Dome will be on your right—turn left into Parking Lot #39. Access Swim Center through Memorial Gym. Parking: Park on Rayburn Street or in Parking Lot #39. Parking meters/restrictions not enforced on the weekend, however avoid parking in designated service or delivery spaces.

**Questions:** can be answered by Brian Johnson 208-883-4949 or Tom Lamar 208-883-3741.

<b>Postmarked by:</b>	September 14, 2005
<b>Mail Entries to:</b>	Brian Johnson 285 Pintail Lane Moscow, ID 83843
<b>Entry Fee:</b>	\$10.00 prior to September 14 \$15.00 for Deck Entries
<b>Checks payable to:</b>	IWMSC

Name \_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Inland NW Team \_\_\_\_\_

**Short Course Yard Times Please • Maximum of 5 Individual Events.**

- |                                |                                 |                            |
|--------------------------------|---------------------------------|----------------------------|
| 1. 50 Breaststroke _____       | 6. 200 Freestyle Relay _____    | 12. 200 Medley Relay _____ |
| 2. 100 Butterfly _____         | 7. 200 Breaststroke _____       | 13. 100 Backstroke _____   |
| 3. 200 Backstroke _____        | 8. 100 Freestyle _____          | 14. 50 Butterfly _____     |
| 4. 50 Freestyle _____          | 9. 50 Backstroke _____          | 15. 00 Freestyle _____     |
| 5. 200 Individual Medley _____ | 10. 200 Butterfly _____         | 16. 100 Breaststroke _____ |
| 10 Minute Break                | 11. 100 Individual Medley _____ | 10 Minute Break            |
|                                | 10 Minute Break                 | 17. 500 Freestyle _____    |

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.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

# OPEN WATER RESULTS

## Sandpoint Long Bridge Swim

August 6, 2005, Sandpoint, Idaho

The results below are of the top five finishers in each age group. To view the complete results visit [www.sandpoint.org/longbridgeswim/](http://www.sandpoint.org/longbridgeswim/)

Clear blue skies, blue water, and sunshine was the weather for the 11th annual Sandpoint Long Bridge Swim. John Weston of Florence, Montana was the first male finisher, completing the course in 34 minutes 47 seconds. Inland NW Masters Susanne Simpson of Spokane was the first female finisher completing the course in 37:05. Swim organizer Eric Ridgway noted there were 423 finishers with the oldest swimmer being 84 year old Emre Schmidt and the youngest swimmers being eight year old Hailey Dunn of Sandpoint and eight year old Sydney Underwood of Spokane.



Time	Last Name	First	Age	Time	Last Name	First	Age
<b>Women 19-29</b>				<b>Men 19-29</b>			
44.08	Debenham	Aubre	22	38.46	Palmer	Ben	24
50.17	Pulizzi	Rhia	19	41.36	Rigg	Jeff	29
53.20	Skip	Christie	23	42.41	Hoffman	Jonathan	24
53.27	Corder	Rachel	25	42.52	Taylor	Derick	19
53.38	Hedrick	Jaimie	19	47.55	Hamma	Lance	22
<b>Women 30-39</b>				<b>Men 30-39</b>			
42.44	Yenglin	Keely	33	41.58	Donolo	Marcos	30
46.46	Meyer	Sarah	31	42.55	Hyman	Michael	37
48.01	Schotzko	Teresa	35	46.14	Swaim	Ken	39
48.25	Haugen	Sally	34	47.45	Berens	Shawn	34
52.12	Pfursich	Susan	38	48.17	Reeves	Stuart	38
<b>Women 40-49</b>				<b>Men 40-49</b>			
37.09	Simpson	Susanne	45	34.47	Weston	John	49
45.38	Bergquist	June	48	38.11	Moravec	Donald	45
46.07	Ettien	Rebecca	45	40.12	Davis	Edward	42
48.38	Mazur	Amy	43	41.47	Caban	Holger	49
50.54	Clutter	Cindy	45	41.57	Schlemmer	Bob	45
<b>Women 50-59</b>				<b>Men 50-59</b>			
49.38	Kress	Maidy	54	36.28	Krauser	Larry	52
53.35	Switzer	Diane	51	42.22	Martin	Charlie	50
55.03	Young	Lydia	56	42.34	Comfort	Mark	51
58.35	Taggart	Cynthia	50	46.18	Thomson	Bill	52
59.48	Adams	Mary	50	47.03	Nunvester	Rick	50
<b>Women 60-69</b>				<b>Men 60-69</b>			
1.00.04	Brown	Pat	61	47.32	Dills	Jack	64
1.07.02	Davis	Elke	62	48.35	Brown	Wayne	62
1.16.12	Hemus	Carol	68	49.14	Ellis	Earl	69
1.37.31	Fairbairn	Kathleen	62	50.20	Allen	Richard	60
2.10.29	Cucek	Joan	67	51.51	Peterson	Lee	61
<b>Women 70-79</b>				<b>Men 70-79</b>			
				58.33	Bevier	Jack	72
<b>Women 80 &amp; Over</b>				<b>Men 80 &amp; Over</b>			
				1.18.43	Schmidt	Imre	84

Many of the 400+ swimmers participating in the 2005 Sandpoint Long Bridge Swim brought friends and family to cheer on their efforts.

## Steve Omi Memorial Swim

July 17, 2005, Lake Coeur d'Alene, Idaho

Name	Age	Sex	Time	Name	Age	Sex	Time
Larry Krauser	52	M	20:31:00	Bill Travis	57	M	25:26:00
Sarah Finley	18	F	20:35:00	June Bergquist	48	F	25:28:00
Don Moravec	45	M	20:35:00	Jason Jablonski	31	M	25:58:00
Christian Johnson	16	M	22:28:00	Dan Taylor	24	M	26:01:00
Jonathan Siegler	18	M	22:41:00	Annie Darakjy	21	F	26:18:00
Pat McChesney	55	M	22:46:00	Brian Johnson	43	M	26:28:00
Marcus Donolo	30	M	22:59:00	Eric Ridgway	44	M	26:30:00
John Kercher	22	M	23:03:00	Mathew Deering	35	M	26:33:00
Kathy Glaser	23	F	23:46:00	Ian Dahlke	19	M	26:40:00
Lisa Sunderman	32	F	24:05:00	Shawn Berens	34	M	26:45:00
Jennifer Rosenberg	24	F	24:10:00	Maidy Kress	54	F	27:05:00
Gregory Benoit	45	M	24:17:00	Cindy Clutter	45	F	27:05:00
George Jensen	46	M	24:24:00	Steve Tanner	52	M	27:11:00
John Shields	20	M	24:39:00	Theresa Schotzko	35	F	27:26:00
Derick Taylor	19	M	24:45:00	Richard Allen	60	M	27:30:00
Charlie Martin	50	M	24:50:00	Annette Seher	15	F	27:51:00
Dan Cooper	17	M	25:06:00	Brian Travis	33	M	28:31:00
Mike Cooper	15	M	25:09:00	Krystalle Maycumber	11	F	28:36:00
Sarah Shields	18	F	25:13:00	Matthew Bronson	39	M	28:39:00
Rebecca Ettien	45	F	25:16:00	Jessica Seher	15	F	29:03:00

Name	Age	Sex	Time	Name	Age	Sex	Time
Maggie Foust	25	F	29:49:00	Chris Poulson	42	M	34:31:00
Catherine Murphy	48	F	29:55:00	Carol Travis	56	F	35:20:00
Jack Dills	64	M	30:21:00	Duke Brietenbach	64	M	36:16:00
Lee Peterson	61	M	30:35:00	Tony Allison	32	M	36:31:00
Jean Smith	49	F	30:38:00	Doug Stiles	31	M	36:44:00
Mary Jo Shaw	46	F	30:46:00	Robin Shaw	47	M	37:02:00
Genny Hoyle	32	F	30:47:00	Joe Brown	53	M	37:29:00
Dave Weeks	57	M	31:05:00	Jerry Stevenson	45	M	37:46:00
Doug Garcia	43	M	31:13:00	Angela-Marie Slotten	39	F	37:51:00
Dan Kaestner	48	M	31:15:00	Slater Kuykendall	15	M	37:54:00
Carol Nelson	39	F	31:23:00	Van Bennett	69	M	38:03:00
Mary Adams	50	F	31:33:00	Bill Boggs	58	M	38:08:00
John Pierce	56	M	31:45:00	Terry Pennington	43	M	38:28:00
Dori Robertson	44	F	31:53:00	Matthew Winkler	39	M	38:43:00
Brett Busch	11	M	32:06:00	Margaret Hair	50	F	38:57:00
Lauren Darakjy	22	F	32:48:00	George Engle	44	M	41:48:00
Gretchen Kruse	38	F	32:49:00	Ron Cole	50	M	42:11:00
Suzanne Jones	44	F	32:54:00	Colleen Robisch	50	F	43:21:00
Paul Kuykendall	42	M	32:56:00	Ed Cliff	36	M	44:26:00
Kate Zubaly	39	F	33:03:00	Gene O'Meara	43	M	44:30:00
Catherine Scherer	54	F	33:16:00	Sarah Rosman	47	F	49:39:00
Mike Hinnen	63	M	33:36:00	Lynne Pulizzi	52	F	52:52:00
Kraig Lysek	46	M	33:41:00	Mike Reuter	19	M	1:04:32
Marty Westbrook	60	F	33:54:00	Barb Crumppacker	60	F	1:15:58
Jim Smith	43	M	34:05:00	Nancy Taylor	46	F	1:16:05

# 2004-2005 SHORT COURSE YARDS TOP TEN

**Susanne Simpson** (SCM, 45-49) 200 Freestyle, first, 1:59.87; 500 Freestyle, first, 5:22.00; 1000 Freestyle, second, 10:55.12; 1650 Freestyle, first, 18:03.61; 50 Butterfly, third, 28.03; 100 Butterfly, first, 1:00.50; 200 Butterfly, first, 2:14.99

**Suzanne Dills** (SCM, 60-64) 200 Freestyle, third, 2:29.32; 500 Freestyle, third, 6:32.46; 1650 Freestyle, second, 22:02.41; 100 Butterfly, second, 1:19.39; 100 Individual Medley, second, 1:17.73; 200 Individual Medley, second, 2:48.23

**Peony Munger** (WVM, 70-74) 200 Butterfly, seventh, 5:31.93; 400 Individual Medley (7th-9:47.37)

**Larry Krauser** (SCM, 50-54), 50 Freestyle, sixth, 22.84; 100 Freestyle, seventh, 50.19; 200 Freestyle, third, 1:50.41; 500 Freestyle, seventh, 5:09.66; 1000 Freestyle, sixth, 10:46.65; 1650 Freestyle, second, 17:55.07

**Bill Bresko** (UNA 75-79) 400 Individual Medley, ninth, 11:48.68

## World Masters Games Results

July 22-31, 2005, Edmonton, Alberta Canada

### Murray Allen (43, SCM)

50 Butterfly	31.11	15th Place (I)
100 Butterfly	1:16.11	10th Place (I)
50 Freestyle	28.09	9th Place (I)
100 Freestyle	1:02.59	11th Place (I)

### Susanne Simpson (45, SCM)

100 Butterfly	1:08.56	1st Place (I, Z)
200 Butterfly	2:32.07	1st Place (I, Z)
200 Freestyle	2:14.84	1st Place (I, Z)
400 Freestyle	4:44.57	1st Place (I, Z)
800 Freestyle	9:48.77	1st Place (I, Z)
2K Open Water	27:46.00	1st Place

#### Additional Records:

50 Butterfly	32.51 (100 split) (I)
50 Freestyle	29.62 (relay leadoff)(I)
100 Freestyle	1:06.03 (200 split) (I)

#### Additional Swims:

200 Mixed Medley Relay  
with Russians, 1st Place  
200 Mixed Freestyle Relay  
with Russians, 1st Place

### Tom Simpson (45, SCM)

200 Freestyle	2:57.19	15th Place
400 Freestyle	6:40.26	15th Place
800 Freestyle	13:09.10	12th Place

Tom also placed 5th in the sprint triathlon

### Cindy Clutter (45, LCM):

50 Breaststroke	49.40	21st Place
100 Breaststroke	1:46.06	19th Place (I)
200 Freestyle	3:00.37	14th Place (I)
400 Freestyle	6:16.89	11th Place (I)
800 Freestyle	12:49.59	15th Place (I)

### Margaret Hair (50, LCM)

100 Butterfly	1:31.67	7th Place (I)
50 Breaststroke	43.35	2nd Place (I)
400 Ind. Medley	6:53.56	3rd Place (I)
100 Freestyle	1:15.10	4th Place (I)
800 Freestyle	12:42.10	7th Place (I)

### Larry Krauser (52, SCM)

50 Freestyle	26.25	1st Place
100 Freestyle	58.12	1st Place
200 Freestyle	2:08.19	1st Place
400 Freestyle	4:34.87	1st Place (I, Z)
800 Freestyle	9:34.00	1st Place (I, Z)
3K Open Water	40:48.00	Tie for 1st Place

### Codes

Inland NW Masters Record	(I)
NW Zone Record	(Z)
USMS Record	(U)
World Record	(W)
Unofficial	(X)
Disqualified	(DQ)

### Key for Teams

Lake City Masters	LCM
Moscow Masters	MCM
North Spokane Masters	NSM
Pacific Northwest Masters	PNA
Spokane Club Masters	SCM
Unattached	UNA
WSU Masters	WSU
Wenatchee Valley Masters	WVM
Yakima Valley Masters	YVM

## Top 15 Signs You're a Distance Swimmer.

15. Trees have a higher vertical leap than you do. That's OK, though. Slow twitch muscle fibers don't get tired as quickly—perfect for that 400 Individual Medley.
14. You actually get fired up when the lap counter shows 33, because now you're halfway finished with your race. Time to kick it into gear.
13. You think reaction time off the blocks is overrated. Hey, no rush. There's plenty of time to make up two-tenths of a second over the course of an 800.
12. Taper for you is 10 x 200, while the rest of your team is doing 10 x 25s. Gotta maintain that aerobic base!
11. "Descend" and "negative split" are a regular part of your vocabulary.
10. You keep track of your splits even when walking from one end of your house to the other. Maybe if you took it out a little easier, you'd have more energy to negative split the back half of the hallway and make it to the dining room on time when your mother calls you for dinner.
9. Your mind is like an iPod with more than 40 gigabytes of music at its command. This sure keeps you entertained when swimming those long training sets.
8. You've swum more on the first day of competition than the rest of your teammates will swim during the whole meet, including their warm-up. Oh, and the 1,650 is yet to come.
7. You get angry when they cut away from the Olympic 1,500 for a commercial break. You might miss the part where Larsen Jensen makes his move.
6. You train with a bunch of other teammates as crazy as you are in a place called the "Animal Lane."
5. Your time in the 100 Freestyle is about four seconds slower than your club's fastest sprinter, but you can repeat that time over and over again during the course of a 1,000-yard Freestyle while he's lying in the gutter gasping for air.
4. You did your best time in the 200 Freestyle while going out in the mile.
3. There's a real sense of satisfaction in knowing that you probably swim more mileage in one week than most Americans walk over the course of a year.
2. You think no one over the age of 10 should race just two lengths of the pool.
1. Watching that black line at the bottom of the pool for hours at a time is not a monotonous grind. It's a challenge in which you take great pride.

Reprinted courtesy of USA Swimming *Splash Magazine*

# TIPS TO BEAT THE HEAT

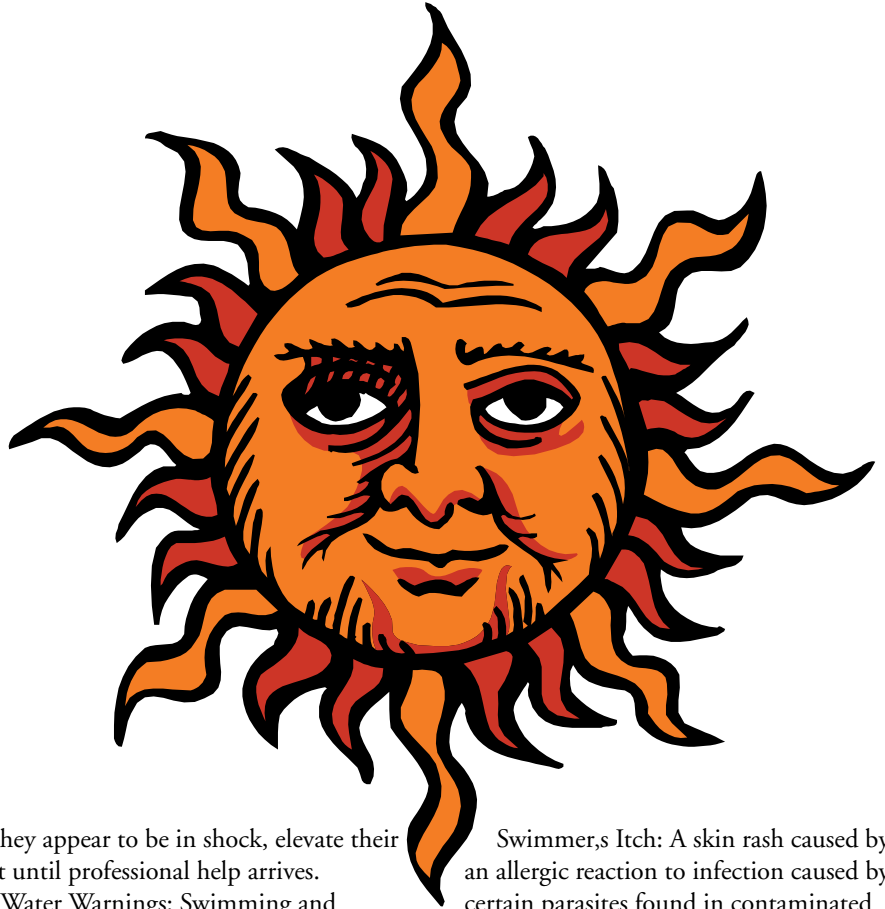
## KEEPING YOUR COOL:

With the summer heat rising, the amount of time spent outside in the sunshine could have serious implications. The risk of heat exhaustion and heatstroke rises along with the temperature and humidity levels. Heat illnesses, which occur when the body's cooling mechanism becomes overheated, can be avoided with a few precautions. The best advice is to slow down when the temperatures start to rise. Watch for these heat culprits and follow some basic common sense rules:

Dehydration occurs when the body's water supply is insufficient. Prevent dehydration by drinking lots of fluids and avoid those with caffeine, alcohol and high sugar content. According to Washington State University Assistant Dean Margaret Bruya, plain water is usually good enough to do the trick. Stay indoors or in shaded areas, wear light-weight, light-colored clothing and plan vigorous outdoor activities in the morning or evening, to avoid the hottest hours of the day.

Heat exhaustion, a milder form of heat-related illness, can develop well after the occurrence of dehydration. Children, the elderly and those with high blood pressure are most susceptible and should take extra precaution. Symptoms may include cool, moist, pale or flushed skin, muscle cramps, heavy perspiring and sometimes vomiting. If someone does experience heat exhaustion, Bruya says to be sure to move them to a cool place and remove any sweaty clothing they may be wearing. Make sure they lie down, and apply a cool compress to the back of their neck.

Heat Stroke occurs when the body is unable to regulate its temperature and is a much more serious condition—it can be life-threatening. Symptoms to watch out for include very high body temperature (above 103 degrees); hot, dry, red skin; absence of sweating; nausea; dizziness; confusion and sometimes hallucinations. Heat stroke can be a serious condition and should receive immediate medical attention by calling 911. In the meantime, Bruya advises immersing heat stroke victims in cold water or covering them with ice packs.



If they appear to be in shock, elevate their feet until professional help arrives.

**Water Warnings:** Swimming and water sports go hand and hand with summertime. Whether in a pool, lake, river or ocean, swimmers beware: germs can contaminate water, making it an ideal environment for the spread of recreational water illnesses (RWIs). Watch out for:

**Swimmer's Ear:** An infection of the ear and/or outer ear canal, which can cause the ear to itch or become red and inflamed, is most common in children and young adults. Drying your ears after swimming and avoiding polluted swimming areas can greatly reduce your risk of getting swimmer's ear. Avoid putting objects such as cotton swabs in your ear as they might scratch the ear, creating a site for infection.

Washington State University Intercollegiate College of Nursing Assistant Dean for Academic Health Services Margaret Bruya suggests treating swimmer's ear by cleaning the inner and outer ear and using antibacterial eardrops. If the case is serious, be sure to make follow-up appointments with a doctor to ensure the infection is gone.

**Swimmer's Itch:** A skin rash caused by an allergic reaction to infection caused by certain parasites found in contaminated salt or fresh water—usually the shallow end with a lot of sea bird droppings. Common symptoms include tingling, burning and itching of the skin as well as, in some cases, reddish pimples which can become blisters. Swimmer's itch is not communicable between people and does not necessarily require medical attention. Relieve this annoying summer side-effect by applying cool compresses and using anti-itch supplements.

According to Bruya, avoiding shallow, marshy water, not attracting birds to the area by feeding them and towel-drying or showering after water contact are all effective ways of preventing swimmer's itch. Showering in fresh water is ideal to remove lingering effects. Remember also to wash or rinse out your bathing attire with hot, soapy water.

—Susan Nielsen,  
Washington State University  
Intercollegiate College of Nursing

# United States Masters Swimming & Inland Northwest Masters 2005 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: (to be used for online newsletter, and will not be sold for junk email)	

# USMS 2005

Date of Birth	Age	Sex
---------------	-----	-----

**Team Affiliation**

- |   |   |   |  |
|---|---|---|--|
| <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

## Benefits of Membership Include:

⇒ *USMS Swimmer 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 *USMS Swimmer Magazine*)  
 ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

### 2005 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2005)

Please check appropriate level • You may start registering for 2005 memberships on November 1, 2004

- Individual Registration \$30.00       Couples Registering together \$55.00       Senior Registration (age 60+) \$27.50  
 Late Year Registration \$18 (for those registering in September-December, to expire on December 31, 2005)

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

**United States Masters Swimming Endowment Fund**

In addition to my registration fee, I have enclosed \$ \_\_\_\_\_ for the USMS Endowment Fund

**International Swimming Hall of Fame Endowment Fund**

In addition to my registration fee, I have enclosed \$ \_\_\_\_\_ for the International Swimming Hall of Fame Endowment Fund

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** \_\_\_\_\_

# Sleep

Editor's Note: The following article, by Jani and Sara, appeared in the June-July issue of *AquaMaster*, the newsletter of Oregon Master Swimmers.

A recent poll for the National Sleep Foundation (NSF) reports that 75 percent of America's adults are not getting enough sleep and that they have symptoms of sleep problems. Such symptoms can include waking a lot during the night and/or snoring and are frequently ignored as potential sleep problems.

Why the concern? Poor sleep affects every part of our lives:

- Driving hazards and safety concerns when drivers are drowsy.
- Tardiness to work or the kids to school.
- Missing work and activities or making errors at work.
- Disrupting your partner's sleep.
- Relationships can be affected if one partner has abnormal sleep.

These were only a few on the list.

How many hours each night do you sleep? Sleep experts recommend seven-nine hours of sleep a night. According to the poll, America's adults average 6.9 hours of sleep a night. And since 1998, more people are sleeping less than six hours a night. It was reported that 6.5 hours a night is the

minimum requirement for optimal function the next day, and only three quarters of respondents actually get this amount of sleep or more.

Respondents also report feeling tired and fatigued at least one day a week. The conclusion: we are not getting enough sleep and the quality of it is poor.

How well we are rested directly affects our health. It is known that being overweight may impact sleep. The results of the poll gathered body mass index (BMI) measurements from respondents and approximately two-thirds of the respondents were over-weight or obese. This group of respondents also averaged less than six hours of sleep a night and experienced more episodes of daytime sleepiness.

The poll also gathered information on people with medical conditions (high blood pressure, arthritis, depression, heart-burn) revealing that this group experiences only a few good nights sleep and commonly experiences day-time sleepiness. These groups of respondents are



more likely to experience apnea, insomnia, restless leg syndrome and are

more likely to think that they have a sleep problem.

What about naps? Naps were enjoyed by approximately 50 percent of the poll respondents and average around 50 minutes with a good size group napping 60 minutes or more. The recommended nap is 20-45 minutes. Are we trying to catch-up with longer naps? Active masters swimmers can always enjoy a nap - it comes down to finding the time to fit one in between work, family and (over) training!

To conclude, Americans need more sleep. By reducing our sleep we challenge our safety, health and happiness.

Happy Siesta!