

Saint Louis Area Masters Swimming

Fall Picnic Plans The annual fall picnic will be held at a new location this year, at Emmenegger Park in Kirkwood (the old Kirkwood pool).

The grand event is scheduled for Sunday, September 24. We have the pavilion reserved from 2-6 p.m.

Bring your favorite potluck dish to share, and mark September 24 on your calendar now. YES, right now! You won't want to miss the annual SLAM bacchanalia. It's a great chance to socialize without having to fit your conversations in between swims!

Goodbye to Patrick Watson

Patrick Watson will be leaving the St. Louis area and returning to his native Kentucky. Patrick has been working with the Sugar Creek Masters program. Patrick also helped out with coaching at the 2000 Short Course Nationals in Indianapolis. Good luck to Patrick from SLAM!



Got E-Mail?

We are putting together a SLAM e-mail distribution list. If you are interested in getting news hot off the press, send an e-mail to SwimSLAM@Yahoo.com, and request to be added to the list.



PICNIC Sunday, September 24 2-6 p.m.

Directions: The park is located next to Powder Valley recreation area. To get there, exit on Watson Road and turn left (north) onto Geyer Road. Go over I-44 and make first left (only way you can turn). Cross over I-270 until it dead-ends. Turn left and follow the curve down the hill until you see the sign for the park on the right.

From Big Bend, you would head south on Geyer Road until just before the interstate and then you would turn right (only way you can turn). Directions are the same from then on.

August 2000

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Message from the President

by Heidi Harris

Hope everyone's summer is going well! As we approach the end of summer, I would like to wish everyone going to Nationals good luck. And to also invite everyone to the annual picnic and meeting which will be held September 24th at Emmenegger Park.. Mark your calendar now and plan to attend. In addition to the traditional "Cannon Burgers," we will be voting on two available positions on the board. I will be resigning as president in order to meet increasing family demands on my time. And Keith Negri will be

stepping down as VP. We need volunteers to fill these positions! If you might be interested in serving on the board, but need more information please let us know.

I have enjoyed serving as President of SLAM for the past year and a half and as training coordinator prior to that. I would like to say a special thanks to the people who have served on the board and to those who have helped us. Good luck and thanks to our newest board members: Michelle Lewis- pool information, Joan Deffeyes- newsletter, and Andy Gale- membership. I look forward to seeing you at the annual picnic and in the pool!

Senior Report

by Bob Blake

March and April are a great build up for Short Course Nationals- We swam lots of meets and swam them well! Instead of the normal let down after nationals, the Senior Seniors go right into a busy May. The St. Charles County 12th annual Golden Games took place with most of our SLAMers entering all nine events. Most of this gang goes on to swim the Sr Olympics held every year at the JCC. This year was indicative of other years where many new records were set! Congratulations to Carol Simon, Bob Blake, Gene Beusher, Edith Hendry, Regan Kenner, Michael McNamee, Howard Hariss, Bill Grant, Al Coxon Bill Haas, Bill Cannon and Jack Skilling. The later two took to the road

literally by entering even the track events then left St. Charles and drove to Bartlesville and Poplar Bluff to compete in their meets!

Towards the end of June, during the sixth annual Missouri State Senior Games, the women cleaned up AGAIN! Doris, Edith, Mary, Pat, Regan and Carol set 6 new records and seeing that some move into new age groups next year (younger ones of course!) more records will be sure to fall.

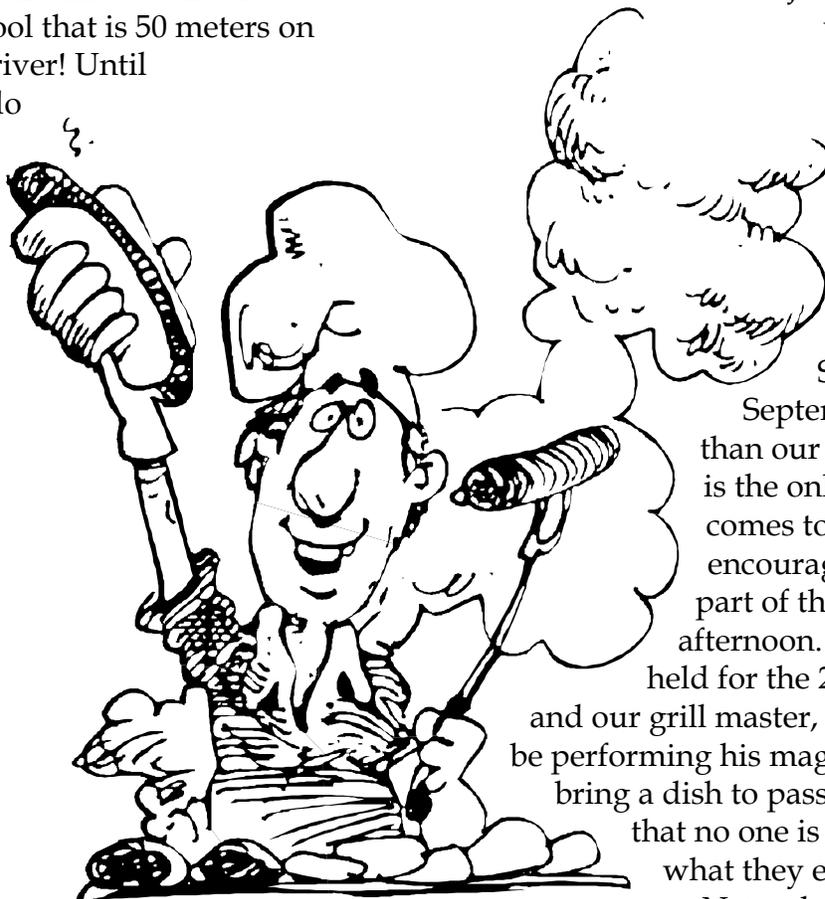
The 2000 Show me Games were held July 21-23. The age limit begins at 8 and younger and goes to infinity. This is event is required to attend the State Games of America Nationals in 2001. I miss swimming with my grandson- we both would win the butterfly!

Letter from the Editor

by Lori Payne

As I sit down to write this it is hard to believe we are on the downside of summer. How nice it has been to wake up to warm mornings and pools, instead of the usual chills and thrills of winter training. Swimming long course is such a treat and in our dreams we all can wish for an indoor pool that is 50 meters on this side of the river! Until then, like they do in spinning, we will have to fantasize we are outdoors!

Enclosed you will find the fall swimming schedule-please call with your questions and/or changes that you may know are in effect. In past years, the programs have been consistent, with snow being the only factor in cancellations. Go into the fall season with a goal in mind. Stroke improvement, aerobic training, distance or sprint training; whatever you pleasure. Communicate with your coaches-let them know what you are trying to accomplish, what meets if any you are planning on in



the future. A good article to reference is in the July/ August issue of SWIM magazine titled Swim for Fitness, Workout Structure. It details a great many things the everyday/ every caliber swimmer tends to take for granted.

I would like to thank profusely my co editor Janet Criscione who has taken on other endeavors. She has been a pleasure to work with and will continue to take an active role in our group. Replacing Janet is

Joan Deffeyes. Joan works at Boeing in between swim practices.

Please mark your calendar for the annual SLAM board meeting and picnic on Sunday

September 24. Other than our swim meets this is the only time the group comes together and we encourage you to be a part of this fun filled afternoon. Elections will be held for the 2000-2001 year and our grill master, Bill Cannon will be performing his magic. Be sure and bring a dish to pass-this is one day that no one is worried about what they eat!

Not only will the picnic be great, but also this really is a great chance to discuss the future of SLAM with the folks who are responsible for running this organization. Are you happy with Masters swimming in St. Louis? What do you think SLAM should be doing for its members? Come tell us at the meeting!



Triathlete Report

by Mark Gowler

The Marine Corps Base at Camp Pendleton was the site of the inaugural Californian Ironman. It was held May 20 and events were a 2.4 mile swim, 112 mile bike ride and a 26.2 mile run.

A fluke by military intelligence had the swimmers really going the distance as they swam nautical miles instead of land miles—a nautical mile being 1.1x5280 feet=5808 feet equaling a mile!

Several area triathletes had outstanding performances. Among them were:

Lou Di Guiseppe (10:01 2nd place 35-39)
Mike Bub (10:34) Pam Quarenghi (11:30)

Gary Saettele (12:36) Cheryl Waites (12:37)

It does not seem as if Lou and Mike's accident slowed them down much!

Springfield, Il was the site of the Ironhorse marathon 11 June - 1.5swim, 45 mile bike and 10 mile run. This was the first triathlon held in Lake Springfield since 1998 when several people became extremely sick from the water. Paul McDevitt, the race director assured us of the water quality and mapped an outstanding course.

On a rainy, overcast day, several local people were superb.

Pam Quarenghi(1st 30-34)
Dee Dee Kohn (2nd 35-39)
Aaron Kohler (1st 25-29)
Lou Di Guiseppe (2nd 35-39)
Rick Barnes (4th 35-39)
John Schmidt (5th 35-39)
Keith Negri (6TH 40-44)
Gary Saettele (11th 45-49)

News You Can Use

by Joan Deffeyes

There are five main types of things that go in your mouth, not including your teeth and tongue. They are:

1. Water
2. Carbohydrates
3. Proteins
4. Fats
5. Micronutrients and other little goodies

We'll talk about each of these in different issues of the newsletter; in this issue water is the topic of discussion.

Water keeps all the itty-bitty stuff inside of you afloat. Having too little water in your system results in all the itty-bitty stuff bumping into each other too often; too much water results in the itty-bitty things that need to bump into each other not being able to find each other because there is too much water between them. It's sort of like the story of Goldilocks and the Three Bears - too little water is bad; too much water is bad; you need just the right amount. Actually, your body can tolerate a pretty wide range and survive, but for optimal sports performance you want things tuned just right. The logic here is pretty simple. As you naturally lose fluid, you need to take in fluid.

If you lose extra fluid, you need to take in extra fluid. You lose extra fluid as your body perspires to cool itself from hot weather, or from heat generated during exercise, and you lose more water in low humidity environments (usually not an issue in St. Louis!)

Drinking pure water is a good way to keep hydrated in most situations. It's cheap and effective - the low-tech way to maintain adequate levels of hydration. But many fluids (other than caffeinated or alcoholic beverages that promote water loss) are also good choices, as are very juicy fruits such as oranges. In races or training sessions lasting over several hours, electrolyte losses with the sweating will not be compensated for by water intake alone. Sports drinks contain electrolytes that replenish those lost in sweat. Another good reason for choosing a sports drink is that it supplies an extra boost of carbohydrate (carbohydrates will be discussed in a future newsletter).

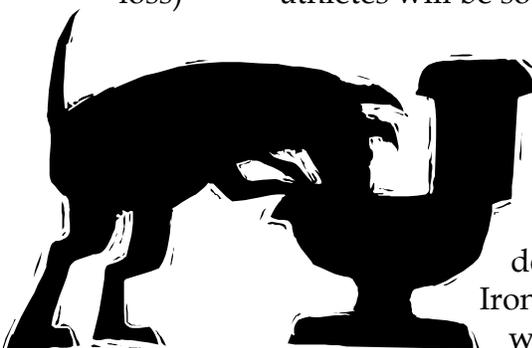
Thirst is your body's way of telling you that the itty-bitty things floating inside of you are bumping into each other too often, and therefore you need some more fluid to space them out properly. In other words, by the time you feel thirsty you are already starting to get dehydrated. You need to stay ahead of the curve and drink fluids before you get thirsty. Part of your choice of what to drink may be based on what you can actually make yourself drink enough of even if you don't feel thirsty. If you really love apple juice, and don't really like water, then the apple juice is probably going to do a better job of keeping you hydrated just because you will drink more of it.

It takes a while for dehydration to develop. Swimmers who workout an hour or less each workout probably don't need to worry about fluid replacement during exercise (but should be sure to get their 8 glasses of water a day outside the pool). Maintaining hydration is a tougher issue for triathletes because their workouts and races last longer, so they do need to drink fluids during exercise.

The opposite of dehydration is over-hydration, or water intoxication. Sometimes athletes will be so focused on preventing dehydration, that they will drink too much fluid. This can be as bad for race performance as dehydration, and in extreme cases can result in death (as can dehydration).

Ironically, the symptoms of water intoxication are similar to those for dehydration, so in a situation such as a race where people are expected be dehydrated, the over-hydrated athlete may be given what he doesn't need - more fluids! Water intoxication is relatively rare, so maintaining adequate fluid intake should be your first priority, but don't go overboard.

How much fluid to take, when to take it, should you drink water or something else; how do you sort it all out? The answer is that you need to find what works for you. Did you really do better on that last triathlon because you wore your lucky pair of socks? Perhaps you did a better job of keeping yourself hydrated. Try different strategies during training, so you know what your body needs on race day!



Summer Meet Results (LCM)

SwimLouisville Invitational

Bruce Hopson

200 IM	2:37.92	1
100 Backstroke	1:13.36	1
100 Butterfly	1:08.60	1
800 Freestyle	10:21.70	1
200 Backstroke	2:41.30	1

Saluki Summer Challenge

Melissa Floden F20

50 Free	30.49	1
50 Back	38.33	2
50 Breast	42.96	2
50 Fly	32.81	1
100 IM	1:21.85	2

Michelle Messley F23

50 Free	30.99	2
50 Back	36.57	1
50 Breast	38.36	
50 Fly	34.42	2
100 IM	1:19.70	1

Alicia Berrien F20

50 Free	30.49	3
50 Back	48.21	3
50 Breast	49.52	3
50 Fly	44.32	3
100 IM	1:40.69	3

Rebecca Willits F28

50 Free	32.29	2
50 Back	38.73	2
50 Breast	44.25	2
50 Fly	36.39	2
100 IM	1:25.01	2

Stacey Garverich F29

50 Free	35.93	3
50 Back	41.84	3
50 Breast	47.49	3
50 Fly	41.13	3
100 IM	1:29.55	3

Margaret Manion F 32

50 Free	32.15	1
50 Back	37.57	1
50 Breast	41.82	1
50 Fly	33.01	1

Martha Ferdinand F31

50 Free	36.66	3
50 Back	47.68	2
50 Breast	47.78	2
50 Fly	43.41	3
100 IM	1:35.78	

Janet Criscione F39

400 free	10:41.71	
800 free	22:29.44	
200 breast	5:09.69	

Joan Deffeyes F41

400 IM	6:41.67	1
1500 free	20:57.20	1

Wendy Van Toll F43

100 back	1:44.01	1
50 breast	43.65	1
100 breast	1:35.26	1
20 breast	3:27.97	1
200 IM	3:25.79	1

Laurel Moran F60

50 Free	44.55	1
50 Back	56.28	1
50 Breast	54.50	1
50 Fly	1:04.07	
100 IM	2:05.06	

Andrew Gale M34

50 Free	28.04	1
50 Back	35.33	2
50 Breast	36.38	1
50 Fly	30.84	1
100 IM	1:12.12	1

Glenn Scott M34

50 Free	30.27	2
50 Back	34.70	1
50 Breast	42.03	2
50 Fly	32.90	2
100 IM	1:17.82	2

Mike Terhaar M 33

100 free	1:22.55	1
50 breast	45.33	3

Bruce Hopson M34

200 back	2:40.22	1
200 fly	2:28.84	1
400 IM	5:37.24	

Christopher Berrien M46

50 Free	35.04	1
50 Back	44.70	1
50 Breast	42.75	1
50 Fly	42.05	1
100 IM	1:42.34	1



Carlos Daughaday M 54

50 Free	33.54	1
50 Back	49.77	1
50 Breast	45.29	2
50 Fly	37.71	1
100 IM	1:35.72	1

Bob Hyten M61

50 free	37.87	1
100 free	1:34.19	1

William Cannon M70

200 breast	4:30.40	1
200 IM	4:11.18	1
150 fly	(new event) - first place	

Robert S. Blake M 76

50 free	35.30	1
100 free	1:23.38	1
200 free	3:13.28	1
400 free	7:20.62	1

Women 200 Free Relay 110-119

SLAM A 2:20.09

- 1) Ferdinand, M. F31
- 2) Hayden, C. F27
- 3) Manion, M. F32
- 4) Willitis, R. F28

Women 200 Medley Relay 110-119

SLAM A 2:44.62 1

- 1) Manion, M. F32
- 2) Ferdinand, M. F31
- 3) Willitis, R. F28
- 4) Hayden, C. F27

Men 400 Free Relay 240-279

SLAM A 5:54.75

- 1) Cannon, W. M70
- 2) Blake, R. M76
- 3) Hyten, B. M61
- 4) Gale, A. M34

Mixed 200 Free Relay 120-159

SLAM B 2:09.38 1

- 1) Hopson, B. M34
- 2) Garverich, S. F29
- 3) Messley, M. F23
- 4) Gale, A. M34

SLAM C 2:22.99 2

- 1) Berrien, C. M46
- 2) Berrien, A. F20
- 3) Hyten, B. M61
- 4) Floden, M. F20

Mixed 200 Free Relay 240-279

SLAM A 3:09.86 1

- 1) Cannon, W. M70
- 2) Blake, R. M76
- 3) Moran, L. F60
- 4) Criscione, J. F39

Mixed 200 Medley Relay 160-199

SLAM A 3:34.46 1

- 1) Berrien, C. M46
- 2) Moran, L. F60
- 3) Daughaday, C. M54
- 4) Criscione, J. F39

Nationals (Baltimore):

Blake, Robert S M76

800 Free 14:50.05 1
200 Free 3:06.06 2
400 Free 7:06.97 1
50 Free 33.71 2
100 Free 1:20.29 1

Cannon, William C M70

400 IM 9:31.91 6
100 Breast 1:56.02 10
200 Fly 4:50.04 5
200 Breast 4:18.73 8
200 IM 3:58.23 6

Criscione, Janet R F39

800 Free 21:28.21 10
200 Breast 5:20.57 19
400 Free NS 0

Czmarko, Karen D F22

100 Back 1:23.38 9
50 Breast 44.27 9
100 Free 1:15.55 13

Gale, Andrew J M34

50 Back 34.15 12
100 Breast 1:20.42 18
100 Back 1:13.61 13
200 IM 2:39.97 19
50 Breast NS 0

Harris, Howard M

M55

100 Breast 1:33.49 11
50 Fly 35.98 12
200 Breast 3:27.86 13
100 Fly 1:27.35 13
50 Breast 39.04 5

Hopson, Bruce E

M34

800 Free 9:33.32 2
400 IM 5:14.32 5
200 Fly 2:19.04 3
400 Free 4:36.90 6
200 Back 2:28.23 6

Manion, Margaret J

F32

50 Back 37.19 8
50 Fly 33.06 10
50 Free 31.51 15

McNamee, Mary A

F34

50 Back 53.60 18
200 Free 5:02.94 27
100 Breast 2:35.75 13

McNamee Sr, Michael B

M59

50 Back 53.53 9

200 Free 4:12.89 23

100 Breast 2:09.47 17

Petersen, Stephanie O F38

200 Free 2:38.71 12

100 Breast 1:28.85 5

200 Breast 3:15.75 8

200 IM 2:58.60 13

50 Breast 38.69 3

Men 200 Medley Relay 2:48.89 14

Cannon, William C M70

Harris, Howard M M55

Gale, Andrew J M34

Blake, Robert S M76

Mixed 200 Medley Relay 2:13.71 11

Manion, Margaret J F32

Petersen, Stephanie O F38

Hopson, Bruce E M34

Gale, Andrew J M34

Mixed 200 Medley Relay 3:21.75 18

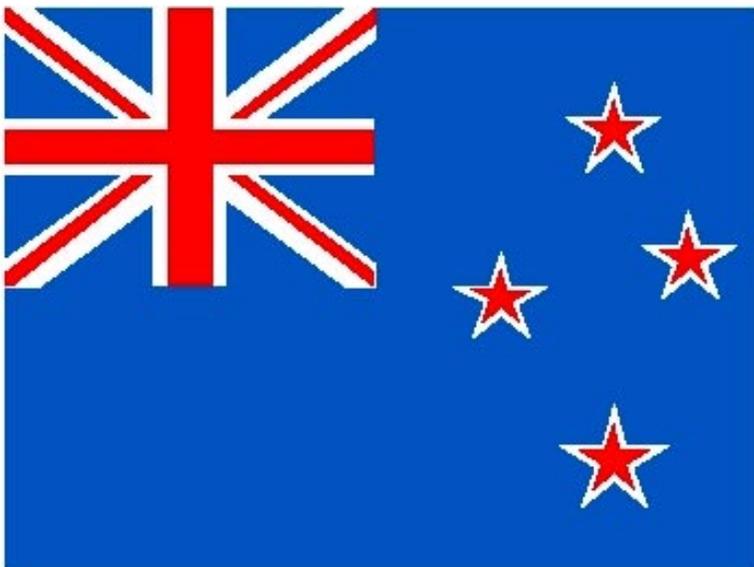
Czmarko, Karen D F22

Criscione, Janet R F39

Cannon, William C M70

Blake, Robert S M76

Kiwi's to Host 2002 World Championship Swim Meet



We all have to have goals. Here's a good one. Plan to go to the 2002 World Masters Championships March 23-29, 2002 in New Zealand! New Zealand is beautiful, so be sure to stay and do some hiking/biking/sight-seeing. Plus its right next to Australia, another great place to visit. For more info, see:
<http://www.eventnz.co.zn/index.html>

What is Sports Psychology

And is it useful to me, the Master's Swimmer?

by Danny Stevens, MA LPC

Tiger Woods, Mark McGuire, and Michael Jordan all use sports psychologists. 88% of Olympic athletes stated wishing they had begun working on their mental game before they joined the Olympic team. Many people wonder if mental performance enhancement is only for the elite athlete or if it can help them in their everyday life (work, home, masters swimming). The answer is a resounding YES!

Performance enhancement (sport psychology) is an area of sport, which is often neglected. Performance enhancement techniques are often used to help an athlete be more mentally tough. Although the term "mentally tough" is often used, most people believe that an individual either has it or he doesn't. "Mentally tough" athletes (and individuals) can be made. I add the word individuals because the techniques used help in all areas of life not just athletics. Teams and businesses are beginning to take advantage of the many useful techniques to help with stress management therefore, increasing production in life and work. I have seen numerous adults in the past 2 years just trying to get more focused and motivated at work.

Many of the various techniques taught have been researched and tested for viability, and are employed on a daily basis by many of the top athletes around the world. Some of the most common areas of work when an athlete/individual begins the adventure into performance enhancement are: relaxation, visualization, imagery, focusing (distraction control), self-talk, goal-setting, and properly preparing for an event/game.

What specifically can the knowledge and use of performance enhancement techniques do to help an athlete/individual? Research and application show the use of performance enhancement techniques to: decrease rate of injuries, help control pain during injury rehab, help properly prepare for events/games keep arousal level at optimal level, control distractibility, help in handling of pressure situations, help individual rebound from a poor performance, increase confidence level, help control anger, create better team cohesion These are a few of the many benefits to those being trained in the area of performance enhancement.

The concepts, such as visualization techniques, self-talk, and goal-setting, can easily be taught in a team/work setting. Conversely, individuals benefit most from one-on-one work if a problem arises (such as relaxing before an event). The idea of teaching to the team is a proactive approach, while the reactive approach, such as a decreased confidence, is best treated from an individual perspective.

Another aspect important to remember is these techniques are not just applicable to the field, court, or mat. All the techniques and concepts within performance enhancement are applicable to everyday life. For instance, an individual is preparing for an important meeting and begins to feel jittery and nervous he/she now can employ relaxation techniques or focusing techniques to calm down and get refocused. As an adult, one could be more able to reduce stress and remain calm in intense situations,

both at work and home.

The benefits of the different techniques are life-long and endless. To know them is valuable. To employ them daily is priceless.

Danny is a co-founder of Sports and Family, an organization offering education, counseling, and performance enhancement to athletes of all ages. If you have any questions or suggestions for future columns relating to sports psychology, contact Danny directly. He can be contacted at 314-576-7252, emailed at stevens@sportsandfamily.com or check out the website at www.sportsandfamily.com



SLAM Calendar

Fall 2000 edition

Note that local meets are not yet firmly scheduled. If we can't find a meet director for a local meet, the meet will be cancelled



Sept. 24, 2000	SLAM Picnic
second weekend in December, 2000	SLAM Short Course Meters Meet
Last weekend in January, 2001	SLAM Mile meet
late February or early March, 2001	SLAM Spring Meet Short course yards
5/17/2001-5/20/2001	Short Course Nationals Santa Clara, California
August 1&2, 2001	SLAM Long Course Meters Meet at JCC
August 20-23, 2001	Long Course Nationals in Federal Way (Seattle area)
March 23-29, 2002	World Masters Swimming Championship Meet Christchurch, New Zealand

News from around the SLAM Region

Ducks booted from CSP swim practice- Several large ducks showed up at the April 1 swim practice at the Clayton-Shaw Park pool. Coach Mike tried to teach them backstroke, but had little success. Finally, Keith Negri told the ducks they had to leave because they were not registered with USMS, and therefore were an insurance liability. The ducks said that they were ready to leave anyway because they didn't want to do the 10 x 200 butterfly set that Carol Levin was about to make them swim. Remember all swimmers at the practice need to be registered with USMS in order for the facility to be covered by USMS insurance.



But is he a registered USMS swimmer?

Sugar Creek – Staying at the Speedway Bed & Breakfast for the Short Course Nationals in Indianapolis, we got a chance to meet racecar driver Lyn St. James. Coach Patrick is reported to be madly in love. In fact, Lyn is quite a remarkable lady – very bright and articulate – no grease under her fingernails. She has to have excellent business and marketing skills in order to raise the three-and-a-half million dollars it takes to support her racing team through the season.

Coach Patrick talks to Lyn St. James



Note: If your workout group has news items that you would like to appear in this section, contact Lori or Joan..

Confession: No, there weren't really any ducks at CSP; we made it up. It is true that all swimmers need to be registered with USMS for insurance reasons. If you are not registered with USMS, then you cause everybody at the practice to not be covered by USMS insurance.

Places to Swim – Fall 2000/Winter 2001

Location	Time	Contact
Washington University	6-7 am M-W-F	Brad Shively 314-935-5220
Rockwood Masters	5-6:45 am MTWTFS 8:30-10 am Sunday	636-230-3636
Parkway	5-6:30 am M-W-F	314-415-7010
Clayton Shaw Park (CSP)	6-7 am MTWTF	314-727-SWIM
West County YMCA 16464 Burkhardt Pl 63017	8-9:15 pm M-W-- 7:30-9 am Saturday	314-532-3100
Mid County YMCA 1900 Urban Dr. 63144	8:30-9:30 pm -T-T- 7-8:30 am Saturday 4:30-5:30 pm Sunday	314-962-9450

There are other places to swim in the St. Louis area. These are just the ones we were able to contact to get fall swim times.

Help Wanted... Meet Director

We are in need of a meet director for several local meets over the next year (see schedule for dates). The meet director is the one who gets everything ready to run the swim meets that we host. For example, the pool needs to be rented, a USMS sanction must be obtained, entry forms mailed out, awards ordered, officials hired, the meet must be seeded, results sent out after the meet, etc. The previous Vice President, Keith Negri, will help train you in how to do all of this. What you really need to have is the type personality that can keep track of a multitude of details, and cheerful enthusiasm for the sport of swimming. Keith can teach you the rest. In return for doing this job, you will get all the chlorinated water you can drink, and the undying gratitude of your teammates.

Do you want future Newsletters?

We have a number of people who are on our mailing list who are not SLAM members. We would love to keep in touch with you, but our financial situation is such that we need help paying for the photocopying and postage, if you want to continue receiving the paper copy. If you are not a paying member of SLAM, then starting next year, you have two options. One is that you can pay \$10 per year to keep receiving the paper copy. The other option is that we are going to start posting the newsletter on a web site, so you can download it from there for free. Details will appear in the next newsletter, which we will send to the entire mailing list. Of course, members of SLAM will continue to get the newsletter as part of their membership fee.