

Saint Louis Area Masters Swimming

Fall Picnic News Bruce Hopson was elected as the new SLAM president. Bill Cannon is the new Vice President, with Janet Criscione taking the Meet Director slot.

New Web Site! - SLAM has a new web site put together by Guy Genin. The goal is to make it easier to access information about Masters swimming in St. Louis. You can download the newsletter, membership forms, meet registration and entry forms, get the latest breaking SLAM news, find a place to swim, or check out the links to other swimming web sites.



WANTED: If anyone has an old laptop computer (Winows 95 or above) that they would like to donate to SLAM, please contact Janet or Lori. We are trying to upgrade our computer to allow running the latest HYTEK swim meet software.
Lori -314 434-1578
Janet 314 - 849-7428

SLAM Centerfold The middle of this newsletter contains the meet information and meet entry form for the December 10 short course meters meet in Eureka. See you there!

New web site at:

<http://www.SwimSLAM.org>

Support SLAM Sponsors

SLAM now accepts sponsors for our newsletter. Starting with the next edition, you will notice that there are advertisements in the newsletter. These indicate that the sponsor has made a donation to SLAM, so please support them if you are looking for services or products that they can provide! If you would like more information about the SLAM sponsors, contact Lori Payne (314) 434-1578.

November 2000

Inside This Issue:

Dec 10 SLAM Meet
Information
New SLAM Web Site
Letter from the President
Letter from the Editor
Places to Swim
Meet Calendar
News you can use -
carbohydrates

CONTACT NUMBERS

President - Bruce Hopson	314-965-7839
Vice President - Bill Cannon	636-527-3557
Secretary -	
Treasurer - Carol Levin	314-514-9606
Pool Coordinator - Michelle Lewis	314-647-3848
Meet Director - Janet Criscione	314-849-7428
Newsletter --	
Lori Payne	314-434-1578
Joan Deffeyes	314-232-3866
Triathlete Representative - Mark Gowler	314-984-8671
Senior Representative - Beaver Blake	314-739-4630
Membership - Andrew Gale	314-361-3265
Web Master - Guy Genin	314-727-8343
SLAM Attorney - Cathy Kohn	314-727-8480

Newsletter E-mail
Swim SLAM@yahoo.com

St. Louis Masters Swim Club
336 Pebble Acres Dr.
St. Louis, MO 63141

Address Correction Requested

Non Profit Org.
U.S. Postage
PAID
Chesterfield, MO 63017
Permit No. 13

Message from the President

by Bruce Hopson

Greetings!

I am excited about being the club's new president! I anticipate that this will be an exciting year for all, as the board has many new ideas that we can't wait to share. Among them, are a new and improved web site and computer software that will run our meets and post our results more efficiently. We will also try to make better use of email, so you can be updated on upcoming events, last minute things, and other information such as air fares and hotel accommodations for away meets.

In the spirit of trying new things, I challenge each of us to try something new this year. If you are a swimmer who never goes to any meets, I say why not? There is at least one meet a month in the St. Louis-Kansas City-Chicago area from now until May, when short course nationals are held in Santa Clara, Ca. If you do go to meets, try swimming an event you normally don't swim.

The nice thing about swimming is, unlike team sports, we need not keep track of a win-loss record. Although competition may be fun, we really compete against the clock. We all go to practices, put in our time, and put in our laps. But how do

we know that we've improved? Going to a meet, if only to swim one event, will set a mark by which we can judge ourselves.

That's the beauty of going to your first meet: you set your benchmark. From there, you can set a goal by improving your time. After you have swam, record your time in a journal or on your computer. That way, it will be easier to remember the next time you race.

It doesn't matter how we finish in the heat, it's whether we've improved our time. Having someone in the water next to you can help you focus on your goal, but being beaten by someone does not diminish your goal if you better your time. But the most important thing to remember is to have fun! It doesn't matter if you don't win or you don't make your best time, it's whether you had fun doing so.

It is my hope that we all can have fun this year improving on becoming the best swimmer we can be.

Bruce

Time to Reenlist!

Andy Gale, SLAM membership chairman, says to be on the lookout for your membership renewal paperwork. Good boys and girls should get their forms back to Andy in time to be included on Santa's list!



Letter from the Editor

by Lori Payne

It hasn't taken long to get back into the swim of things, has it? Hope everyone enjoyed watching the Olympics as much as I did – see there is hope for us golden oldies! Who wants to start training for the 2004 Athens Olympics? The sign-up sheet is at Bob Blake's home!

We welcome our new board! Their expectations are high –did you know they have started digging a new 10 lane, 50 meter pool with a movable bottom in Lori's backyard. They'll have it ready for next summer's long course season! Bruce Hopson, Bill Cannon, Carol Levine, Andy Gale, Janet Criscione, Joan Deffeyes, Ardeth Mueller – Good Luck to you!

The winter meet schedule is taking shape – enclosed you will find a meet entry form for the short course meters meet at Eureka High, December 10. Please return it to Janet by December first so she can do the entries. Our annual mile meet is a deck entered event scheduled for Sunday 28 January at Parkway South – warm-ups at 0800 – this meet usually concludes no later than 12 noon, and if you choose to swim only the 1000 free please let the met director know at the time of entry.

Please take note that there will be advertisers in future editions. If you use them, please tell them where you saw the advertisement. Also if anyone is interested in advertising in the newsletter, please contact me!

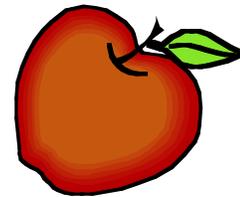
As we go to press, Guy Genin is setting up a new SLAM website. Hopefully by the time you get this newsletter, it will be ready for viewing at www.swimSLAM.org. Check it out!

News You Can Use

by Joan Deffeyes

As you may recall from the last newsletter, there are several groups of nutrients that you should be concerned about. They are:

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

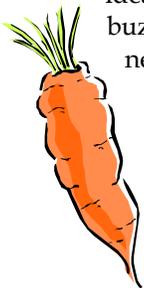


In the last newsletter we talked about water. In this issue carbohydrates are the topic.

"I never met a carbohydrate I didn't like." Sound familiar? Many athletes have been sold on the idea that carbohydrates are the only nutrient that they need to be concerned with. Carb-loading is the buzz word of choice for these folks, and they practice it year round. Before you go start cooking that next batch of pasta, lets look a little at what carbohydrates can and can't do for you.

Carbohydrates, proteins and fats can all be used by your body as a source of energy. Muscles cells can take any of these three types of food and use the chemical energy in the molecule to power your swimming. If you are working out at a high intensity (or racing) your body is going to dramatically increase the carbohydrates that it uses for fuel.

Fat is the principle means of storing energy, and your body keeps plenty of that on hand. The problem is that your body doesn't store as much energy in the form of carbohydrate, so you can deplete your stored carbohydrate in a long race such as a marathon or long triathlon. This is



known as “bonking” or “hitting the wall”.

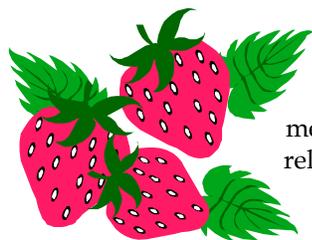
So what is a carbohydrate? A chemist will tell you that it is made of carbon, combined with hydrogen and oxygen. Water is made of hydrogen and oxygen. The suffix *-hydrate* means water, so we get the name *carbo-hydrate*. Ok. That’s nice. But really, what is a carbohydrate?

Simple sugar molecules are little carbohydrate molecules. Glucose is an example. Sugar molecules can be linked up to form bigger molecules, called complex carbohydrates. These big molecules can have hundreds or even thousands of sugar molecules linked together.

Starchy foods like pasta, rice, and potatoes are loaded with complex carbohydrates. In general, fruits and vegetables are good sources of carbohydrates. Sugar and many candies are nearly pure carbohydrate.

During digestion, carbohydrates are broken down into smaller sugar molecules like glucose, which get absorbed into your blood, and then those sugars get absorbed by cells, such as muscles, that use sugar for fuel. In muscles and in the liver, the sugar molecules that are not needed immediately are linked back up to form glycogen.

So you now realize that all carbohydrates are just fancy sugars, so why not just eat jelly beans? It turns out there are a couple of other things to consider. One is that if you get your carbohydrates from jelly beans, you probably won’t be eating the fruits and vegetables to give you the vitamins, minerals, and other goodies that you should be getting .



Another reason you don’t want to get all your carbohydrates from jelly beans is that you may want to consider the glycemic index of the carbohydrate sources that you choose. Glycemic index tells you how fast a carbohydrate is broken down into sugar and absorbed into the blood. A high glycemic index means you get a fast blast of blood sugar; a low glycemic index food is like a time-release sugar source. So before a tough workout or a competition, eating a low glycemic index food is good because it will supply energy slowly for a longer time. Right after a tough workout you want to refuel your muscles quickly, so they can recover their glycogen stores in time for the next workout. A high glycemic index food would be a good choice after the workout.

How do you tell a high glycemic index food from a low glycemic index food? Basically you have to look the number up in a book., but here are a few examples¹:

- High: *white bread, most types of highly processed breakfast cereal, instant rice, dried dates, jelly beans*
Medium: *Spaghetti, whole grain bread,*
Low: *apple, orange, pear, grapefruit, peanuts, Snickers bar, yogurt*

If you eat a meal with several items in it, the glycemic indices tend to get averaged – in other words the high glycemic index foods will be absorbed more slowly because you are digesting all the other low glycemic index foods at the same time.

What about all those carb-loaders we mentioned earlier? Eating a high carbohydrate diet, say 70-80% of calories from carbohydrate, for three days before a competition does improve endurance². Your body has that extra stored glycogen on-hand to use during the race. If you are doing a long triathlon, or a swim meet where you will be swimming multiple events over multiple days, then building up your glycogen reserves is helpful.



¹ More complete data can be found in: *The Glucose Revolution: The Authoritative Guide to the Glycemic Index*; J. Brand-Miller, et.al. Marlowe & Co., 1999

Alos note that some books use white bread as the reference (i.e. =100) and some use glucose .

² Bergstrom, J., et al, *Acta Physiol.Scand.* 71:140, 1967; as cited in *Essentials of Exercise Physiology, Second Edition*, W.D. McArdle, et al, Lippencott, Williams & Wilkens, 2000, p 221.



Rockwood Masters Winter Meet

SUNDAY - DECEMBER 10, 2000



SANTIONED BY OZARK ASSOCIATION FOR USMS INC.
SANCTION #4431

PLEASE RETURN THIS ENTRY FORM WITH FEE BY **DECEMBER 1, 2000.**

USMS Reg. No. _____ (USMS membership required for all participants. Forms will be available the day of the meet or call 314-849-7428)					
Name (As it appears on USMS Registration Card.)					
First:		MI:		Last:	
Street:					
City:			State:		Zip:
Sex (M/F):		Date of Birth:		Age	Club:
Home Phone: () -			Business Phone: () -		

Event #	Event	Seed Time (meters)	Event #	Event	Seed Time (meters)
1	200m Free Relay		13	200m Mixed Medley Relay	
2	200m IM		14	200m Free	
3	50m Back Stroke		15	50m Fly	
4	200m Breast Stroke		16	400m Free Relay	
5	400m Free		17	400m IM	
6	200m Women/Men Medley Re.		18	50m Free	
7	100m Fly		19	100m Breast	
8	50m Breast		20	200m Back	
9	400m Mixed Medley Relay		21	100m IM	
10	100m Free		22	400m Women/Men Medley Re.	
11	200m Fly		23	800/1500m Free (Pick one)	
12	100m Back				

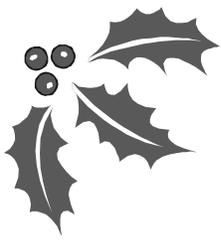
Release from Liability: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledged that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible 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 WAIV 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, ST. LOUIS MASTERS SWIM CLUB INC., ROCKWOOD SWIM CLUB, MEET SPONSERS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. In addition, I further agree to abide by and be governed by the rules and regulations f USMS.

Date: _____ Participant: _____

Please enclose the following with this meet entry:

- 1) **CHECK:** For \$10.00 for all Master members, payable to **St. Louis Masters Swim Club.**
- 2) **COMPLETED** Registration form with your USMS Registration Number. (If you are not currently registered, you may fill out a USMS application at the meet).

MAIL TO: Janet Criscione, 9814 Schelde Drive, St. Louis, MO 63126

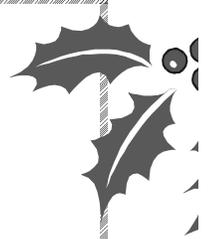


ROCKWOOD/ST. LOUIS MASTERS

HOLIDAY SWIM MEET

(25-METERS)

SUNDAY – DECEMBER 10, 2000



Location	Eureka Senior High School located just north of Interstate 44, off Highway 109. Take 44 west to the 109 Exit. Go North (right) approximately _ mile and Eureka High school will be located on the west side (left side).	
Time	Sunday December 10, 2000. Warm-up 12:00pm, meet 12:30pm	
Eligibility	Persons over nineteen years of age are welcome. Participants must have a USMS registration number or completed application to participate. USMS application forms will be available at the meet. All levels of swimming ability are Welcome.	
Conduct	The 2000 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded by time. Participants will be limited to Five Events , excluding relays. Relays will be deck entered. Results will be submitted for top ten consideration.	
Fees	Fee is \$10.00 for all Master Members. Please make checks payable to St. Louis Masters Swimming.	
Entry Date	In order to be seeded in the proper heat, entries must be received by December 1, 2000 . Deck entries will be accepted. Mail entries to: Janet Criscione, 9814 Schelde Drive, St. Louis, MO 63126	
Social	Those interested, we will be going to a nearby restaurant after the meet. Information on restaurant and directions will be available at the meet.	
Facility	The pool is a 6 lane, 25-meter pool equipped with non-turbulent lane lines. If Possible, five lanes will be used for competition, with one outside lane will be available for swim down.	
Meet Info	If you have any questions, please contact Janet Criscione at (314) 849-7428 or Keith Negri at (314) 968-9737.	
Order of Events	<ol style="list-style-type: none"> 1. 200m Free Relay 2. 200m IM 3. 50m Back Stroke 4. 200m Breast Stroke 5. 400m Free 6. 200m Women/Men Medley Relay 7. 100m Fly 8. 50m Breast Stroke 9. 400m Mixed Medley Relay 10. 100m Free 11. 200m Fly 12. 100m Back 	<ol style="list-style-type: none"> 13. 200m Mixed Medley Relay 14. 200m Free 15. 50m Fly 16. 400m Free Relay 17. 400m IM 18. 50m Free 19. 100m Breast 20. 200m Back 21. 100m IM 22. 400m Women/Men Medley Relay 23. 800/1500 Free



SLAM Calendar

Winter 2000 edition



December 10, 2000 Sunday	SLAM Short Course Meters Meet Eureka (meet info in centerfold) Warm-up starts at 12 noon Meet starts at 12:30.
January 28, 2001 Sunday	SLAM Mile meet Short course yards Parkway South High School Warm-up at 8, meet starts at 8:30 am
January 14, 2001 Sunday	USMS Postal meet- look in Swim magazine for entry form Marquette High School 7:30 am Supply your own timer and counter
February 24-25, 2001 Saturday and Sunday	SLAM Snowball Express Meet Entry form in next newsletter Marquette High School
May 17-20, 2001 Thursday - Sunday	Short Course Nationals Santa Clara, California
July 29, 2001 Sunday	SLAM Long Course Meters Meet at JCC
August 16-19, 2001 Thursday-Sunday	Long Course Nationals in Federal Way (Seattle area)
March 23-29, 2002	World Masters Swimming Championship Meet Christchurch, New Zealand

Do you want future Newsletters?

The newsletter is free to all SLAM members. However, to cut our costs, we would like to distribute it electronically to as many of our members as possible. We are developing an electronic distribution list to send out the newsletter and other information which needs to get out in a timely manner. Sign up for the electronic list, and get your SLAM news hot off the press!

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 to sign up for the electronic distribution, or download it for free from the web site.

Places to Swim – Winter 2001

Note: Please give updates to Michelle Lewis at 314-647-3848

Name **Clayton Shaw Park (CSP)**
Facility Clayton High School – new facility near downtown Clayton and Shaw Park
Time 5:30 – 6:45 am MTWThF
7:30 – 8:30 am
Cost to Join \$45 per month or \$500 for 12 months
Pay-per-swim ?
Contact 314-727-SWIM
Other Info Coached workouts

Name **Mid County YMCA**
Facility 25 meter pool, indoors w/ hot water
Time 8:30-9:30 pm -T-Th-
7-8:30 am Saturday
4:30-5:30 pm Sunday
Cost to Join One option is to get a program membership for \$64 per year and buy an aquatics punch card for \$ 70 good for 24 swims or 6 months
Other options exist –call for details.
Pay-per-swim Try it once for free
Contact 314-962-9450
Other Info 1900 Urban Dr. 63144; near 170 and Brentwood

Name **Parkway**
Facility Parkway South
Parkway West
Time 5-6:30 am M-W-F Parkway South
5-6:30 am -T-Th- Parkway West
Cost to Join \$40 for 3 swims per week, \$45 for 4 swims, \$ 5 or more \$50
Pay-per-swim \$3
Contact 314-415-7010
Other Info Coached by Eric Strom

Name **Rockwood Masters**
Facility Marquette High School
25 yard indoor pool
Time 5-6:45 am MTWThFSat YES! There will be workouts on
8:30-10 am Sunday Christmas eve and New Year's eve
Cost to Join \$ 120 per semester
Pay-per-swim \$ 4 Sunday, \$3 Mon-Sat
Contact 636-230-3636
Other Info Coached by Jim Halliburton

Name **Sugar Creek**
Facility Truman Elementary
Sperreng Pool
Time 5:15 -7 am M-W-F (Truman Elementary)
11 am-12:30 pm M-W-F (Truman Elementary)
10:30 am - 12:30 pm -T-Th- (Truman Elementary)
8-9 pm M-W- - (Truman Elementary)
7:30 - 9 pm -T-Th- (Sperreng Pool)
11am - 12:30 pm Sat (Truman Elementary)
Cost to Join \$ 50 per month; or get a punchcard for 10 visits for \$40
Pay-per-swim \$4
Contact
Other Info Coached by Mo Stewart

Name **Washington University**
Facility 25 yard/25 meter adjustable pool
Time 6-7 am M-W-F
Cost to Join \$ 80 per semester
Pay-per-swim ?
Contact Brad Shively 314-935-5220
Other Info Organized workout but no on-deck coaching

Name **West County YMCA**
Facility
Time 8-9:15 pm M-W--
7:30-9 am Saturday
Cost to Join Similar to MidCounty YMCA, call for details
Pay-per-swim
Contact 314-532-3100
Other Info 16464 Burkhardt Pl 63017