

Saint Louis Area Masters Swimming

Membership Renewal

It's a New Millennium, but more importantly it's a New Year! That means it's time to renew your USMS and SLAM memberships. You may have taken care of this already, but if not, fill out the paperwork mailed to you and return it to Andy Gale. If your dog ate the form Andy mailed to you, you can download a blank form from the SLAM web site.

Short Course Meters Meet

Thanks to Janet Criscione for running a great meet! Results are available at the SLAM web site.

Mile Meet – Distance swimmers, triathletes, and anyone else looking for a good time, here's the meet you've been waiting for. The Mile Meet is scheduled for Sunday January 28 at Parkway South. Warm-up starts at 8 am, the meet begins at 8:30 am. It's deck entry, so no entry form is included in the newsletter.

Watch your toes! –The new short course backstroke start rule now requires the swimmers toes be below the water, just like the long course start.



Newsletters Online!

You can now find the newsletters on our website as a pdf file which can be read using Adobe's Acrobat Reader software. If you do not have Adobe Acrobat Reader software, it can be downloaded **for free** from Adobe (see the link on our web site). We are so pleased to be able to offer this to you--not to mention it saves a tons of time folding, labeling etc!! If you want, you can continue to receive your newsletter through the mail. As a first cut in deciding who might have Internet access and not want the paper version, we are assuming that if you have supplied us with an e-mail address that you probably have access to our web site and will be getting your copy there. So we are only mailing this to folks who have not given us an e-mail address, or who have told us that they want the paper copy. If we have incorrectly assessed your situation, we apologize and would love to hear from you what your preference is! Give Lori Payne a call at 314-434-1578.

<http://www.SwimSLAM.org>

**Start out the
New Year
with a
New Suit!**

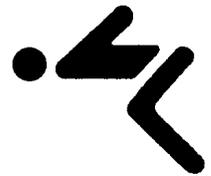
B & B AQUATICS

Barbara Archie
Allison Barber

Competitive & Fitness Swimwear
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1163 Colonnade Ctr
Des Peres, MO 63131
314-821-SWIM (7946)
314-821-1004 (Ph/Fax)

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Chesterfield, MO 63017
636-519-SWIM (7946)
636-519-7945 (Ph/Fax)



Authorized Speedo Dealer

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

Change Service Requested

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Permit No. 13

January 2001

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Newsletter E-mail/website:

Newsletter@SwimSLAM.org

<http://www.SwimSLAM.org>

Message from the President

by Bruce Hopson

Happy New Year!



It's a New Year and a new season. The short course meters season ended December 31, and the short course yards season has just begun. Now is the time to swim off the holiday excess and start laying the ground work for short course nationals May 17-20 in Santa Clara, CA. It's not too early to start thinking about it. For those of you who have never been, the national meet is a great time! Santa Clara is in the South San Francisco Bay area (Silicon Valley), and is beautiful that time of the year. Because Southwest flies to San Jose (10 minutes away), TWA offers very competitive fares there and to San Francisco, which is about 45 minutes away. You can generally find fares for as low as \$250. You do not need to make the qualifying times to swim. The rules permit a swimmer to swim three events without making the qualifying standards. A swimmer may enter up to three more events provided he or she has made the qualifying standard for his or her age group. There is no penalty for not making the qualifying standards and no proof of times need be shown to enter. The qualifying standards may be found in the Jan./Feb. issue of Swim Magazine or on the U.S. Masters Swimming website at www.usms.org.

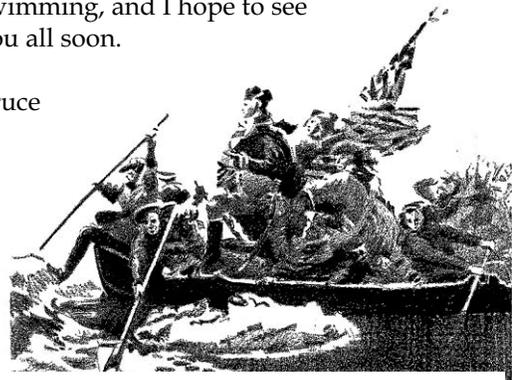
Speaking of websites, I hope everyone who has access to the internet has checked out our new website at www.swimslam.org. This is the place to go for meet info, practice locations and times and links to other websites. Let Guy Genin, our webmaster, know what you think. Also let us

know what you think and how we can improve our site.

Congratulations to those people who swam in our December meet at Eureka High School. Although it took quite a while to get in the pool, all of us had a good time, and many fast times were swum. For those of you who don't know, someone from the high school custodial staff was supposed to have opened the doors to the pool for us at noon. No one came, unfortunately, until about 1:15. Thanks to all who helped run the meet. Without their tireless effort, our meets would not be as successful as they are!

Our next meet will be our 1650 (Mile) meet Sunday, January 28 (Superbowl Sunday). The meet will be over long before noon. If you've never swum a 1650 or it's been several years, I encourage you to try it. If nothing else, you can at least impress your non-swimming friends by saying that you swam a mile! And with our Rams grazing in the pasture this year instead of playing in the Superbowl, there won't be any conflicts. Our next full meet will be our Snowball Express February 24-25. This will be a short course yards meet. Again, I encourage all of you who have never swum in a meet to come out either to swim or to watch. There is nothing better than setting and achieving a goal. Keep on swimming, and I hope to see you all soon.

Bruce



President Hopson crossing the Delaware

What's with the advertisements?

SLAM now accepts sponsors for our newsletter. These ads 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.

Letter from the Editor

by Lori Payne

I heard something the other day which struck me as hysterical. A friend of mine invited a friend of hers to swim with us at a new 0930am practice. Her response was "In the dead of winter?" One never knows what a perfectly innocent request will elicit! What excuse does she use the rest of the year? Do you look out the window while you are stroking up and down the pool pondering the weather? Who cares? Aren't you glad just to be there? Anytime is a good time to workout!

Take advantage of the New Year and evaluate yourself. How can I improve on my lifestyle, my eating habits, and my workouts? Are they getting me where I want to go? Am I making positive, forward progress in my life? Am I happy? Are you living your life to its best advantages?

My best friend from college lost her 42 year old husband Christmas Eve. He was a 1984 Olympian from Stanford in track and field. I never knew a man in better shape yet he died of a massive heart attack. The coroner's report showed he did not eat properly -It is hard to accept that we are not invincible--but a combination of the right habits will surely help us out all the way around!

Take a look at yourself. Do you like what you see? The first step is always the hardest .I have seen alot of new faces at the pool so far this year-keep up the good work and don't give up!

Triathlete Report

by Mark Gowler

The St. Louis area was represented by six area triathletes at the Hawaiian Ironman in windy Kailue-Kona located on the west side of the big island. Times were as follows:

Dee Dee Kohn 12:19	Mike Bub 10:19	Lou DiGuissepe 12:11
Cheryl Waites 13:08	John Schmidt 11:31	Tim McCleod 12:27

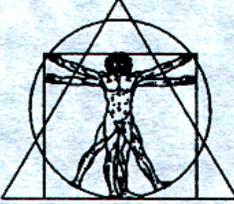
This marks the return of Mike and Lou as it was just a little over a year ago they had their horrible accident just before the last Ironman. They went through tremendous rehabilitation and appear fully recovered. Mike and Lou had great races, except for Lou's unexpected bout of sickness!

Three weeks later, November fourth, sixteen athletes traveled to Panama City, Florida for the 2nd annual Ironman Florida. This is a much flatter course than Hawaii but also very windy. The bike course was circular and the run is a double loop. There were some excellent performances!

Rick Mann 9:39	Josh Stevens 11:47	Jill Saettele 13:17
Mike Bub 10:13	Bev Ofstrum 12:01	Shawn Miller 13:57
Pam Quaranghi 10:34	Laurie Ott 12:15	Gary Maier 14:10
Dave Peistrup 10:58	Tom Bick 12:45	John MacDonald 14:47
Dave Stevens 11:10	Todd Shoemaker 13:11	Ed Foster 15:35
Tim McCallister 11: 0		



Dana Alter, D.C.
(636) 227-8888
134 Enchanted Pkwy.
Suite 104
Manchester, MO 63021





Patrick H. Fox, D.C.
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134 ENCHANTED PKWY. • STE. 104 • MANCHESTER, MO 63021

CHIROPRACTORS

News You Can Use

by Joan Deffeyes

As you may recall from the previous newsletters, there are several groups of nutrients.

1. Water
2. Carbohydrates
3. Proteins (today's topic)
4. Fats
5. Micronutrients and other little goodies

Protein is what makes us all unique. You may have inherited the gene for your mother's red hair, but what does that mean? It means you have a little bit of DNA, copied from your mother, that tells your head how to grow the proteins that make red hair. It's the proteins that make your hair red. DNA is just the "blueprint" for how to build the red hair¹. It's proteins that are the movers and shakers in the body.

You've heard that protein in your diet is important, so you eat some fish. How does your body turn the fish protein into that lovely mane of red hair, or into big strong swimming muscles? As you digest the protein, it gets chopped up into little-bitty protein building blocks, which are affectionately known as "amino acids". Then your body assembles the amino acids back into new proteins, as directed by your DNA.

There are gazillions of different amino acids, but only about twenty of them are commonly found in biological things like animals and plants. Of these twenty, your body has the capability to make all but nine of them. You need to get these nine amino acids in what you eat, so they are called "essential" amino acids. Essentially, you need to eat all nine of these. The good news is that all nine are plentiful in meats, so you probably don't have to worry about them. However, if you are a vegetarian, then you should find some more

detailed information about essential amino acids so you can get the right mix in your diet.

So how much protein is enough? The short answer is that if you are eating three servings a day of meat like they taught you in first grade, then you can skip to the next paragraph. A nutritionist² will tell you that "enough protein" for an adult means about "0.8 grams of protein daily for each kilogram of desirable body weight". Huh? That means if your "desirable" weight is 130 pounds, you need 47 grams of protein daily. If your "desirable" weight is 160 pounds you need 58 grams of protein. Growing children, pregnant women, and women who are breastfeeding need higher amounts. Endurance athletes, athletes

trying to build or maintain excessive body muscle, and the elderly may also need a slightly higher protein intake than average.

However, the average American female gets 70 grams of protein daily, and the

average American male gets 90 grams of protein, so the average American is getting well over the minimum amount needed.

What happens if you eat more protein than what you need? Your body very cleverly snips off the amino part of the amino acid, leaving the rest of the molecule to be used for energy.

The problem with proteins is that they are often found with fats, which you don't want to eat too much of the wrong kinds (fats will be discussed next newsletter). Some tips for low-fat meat eating are to not eat the skin on the chicken, and to trim off the excess fat from a steak or pork chop. The egg substitute products available now are an excellent source of low-fat high-quality protein. Dairy products such as fat-free cheese, skim milk, and cottage cheese are also good choices, as is fish. Food labels can be a great help – look for foods with a low amount of saturated fat per gram of protein.



¹ If you want to know more about DNA, and how it decides when to make certain proteins, ask Michelle Lewis. She is studying this for her Ph.D.

² G.M. Wardlaw and P.M. Insel; Perspectives in Nutrition, Second Edition; Mosby (1993) p154-5.

ROCKWOOD / ST. LOUIS AREA MASTERS SNOWBALL EXPRESS 2001

MEET INFORMATION

Location

Marquette Senior High School. 2351 Clarkson Road located at Clarkson and Wilson Road. From Highway 40, take the Clarkson Road Exit South. Travel approx. 1.5 miles south to Wilson. Marquette High School is located on the West Side of Clarkson.

Time

Saturday, February 24th, warm-ups will begin at 12:00 p.m.; meet will begin at 12:30 p.m. Sunday, February 25th, warm-ups will begin at 7:30am; meet will resume at 8:00am.

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 2001 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 per Day (Six for the Meet)** excluding relays. Relays will be deck entered. Results will be submitted for top ten consideration.

Entry Date

In order to be seeded in the proper heat, entries must be received by February 10th, 2001 (**Please be as accurate as possible in your seed times**). Deck entries will be accepted, however, only where heats are incomplete.

Social

Those interested; we will be having a social for meet participants following the Saturday session. More information will be available at the meet.

Facility

The pool is an 8 lane, 25-yard pool, equipped with non-turbulent lane lines. If possible, 6 lanes will be used for competition, with one outside lane available for swim down and one lane available for starts.

Fees

Fees are as follows:

Meet entry fee:

\$20.00 for entire meet

Out of Town Information

Hotels and dining are located nearby.

Hampton Inn - (636) 537-2500

Residence Inn - (636) 537-1444

Double Tree - (636) 532-5000

Meet Director:

Janet Criscione

314-849-7428

jcrisci329@aol.com

ROCKWOOD / ST. LOUIS AREA MASTERS SNOWBALL EXPRESS 2001

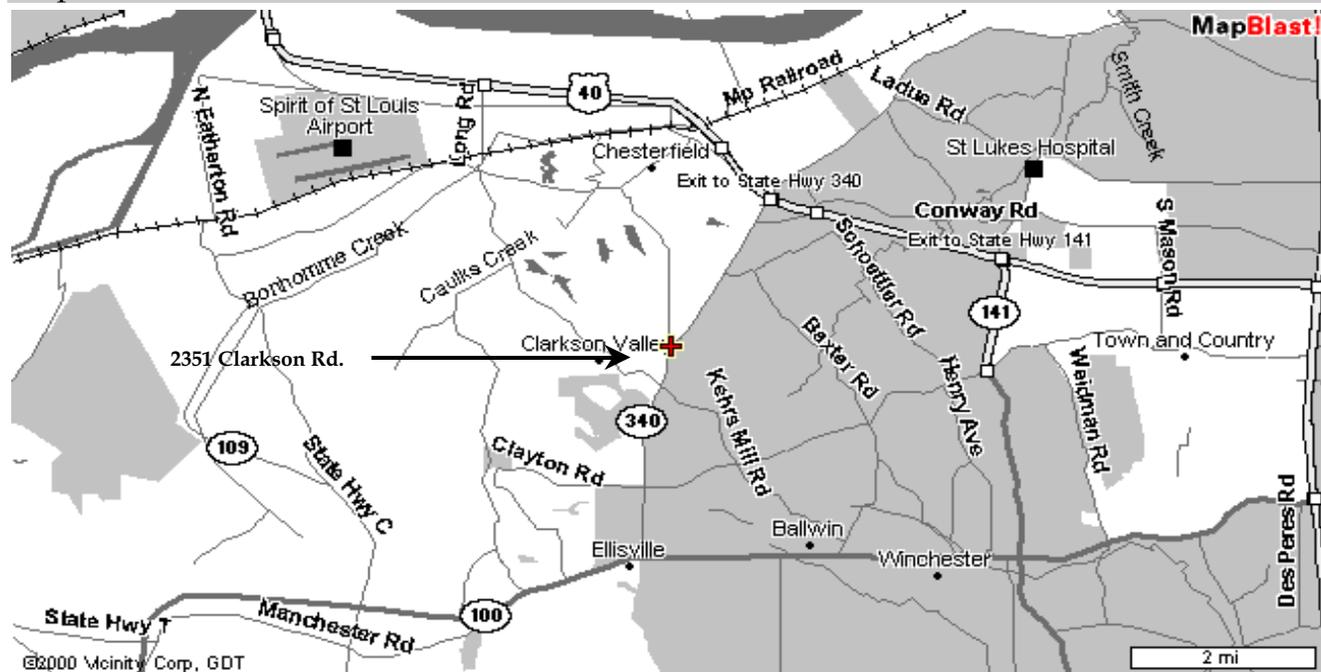
Events Schedule

Saturday's Event List (1-11)

Sunday's Event List (12-22)

M	EVENT	M	EVENT
1	500y Freestyle	12	1000y Freestyle
	20 Minute Break	13	1650y Freestyle
2	100y IM		<i>20 Minute Break</i>
3	50y Backstroke	14	50y Butterfly
4	200y Breaststroke	15	100y Backstroke
5	100y Butterfly	16	200y Freestyle
6	200y Freestyle Relay	17	200y Medley Relay
7	50y Breaststroke	18	200y Butterfly
8	100y Freestyle	19	100y Breaststroke
9	200y Backstroke	20	50y Freestyle
10	400y IM	21	200y IM
11	400y Medley Relay	22	400y Freestyle Relay

Map to Pool



ROCKWOOD / ST. LOUIS AREA MASTERS SNOWBALL EXPRESS 2001

SATURDAY FEBRUARY 24 & SUNDAY FEBRUARY 25, 2001

SANCTIONED BY OZARK ASSOCIATION FOR USMS INC.

SANCTION

#4452

PLEASE RETURN THIS ENTRY FORM WITH FEE BY FEBRUARY 10, 2001

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: () - _____

	Day (Sat/Sun)	Event Number/Description	Seed Time
1			: : . sec
2			: : . sec
3			: : . sec
4			: : . sec
5			: : . sec
6			: : . sec

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 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, ST. LOUIS MASTERS SWIM CLUB INC., ROCKWOOD SWIM CLUB, MEET SPONSORS, 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 of USMS.

Date: _____ Participant: _____

Please enclose the following with this meet entry:

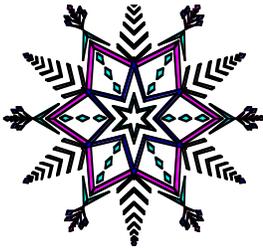
- **CHECK:** For \$20.00, payable to **St. Louis Masters Swim Club**.
- **COMPLETED** Registration form with your USMS Registration Number. (If you are not currently registered, you may fill out a USMS application at the meet).

MAIL TO: Janet Criscione, 9814 Schelde Drive, St. Lois, MO 63126 (email:jcrisci329@aol.com)

MAIL TO:

Janet Criscione
9814 Schelde Drive
St. Louis, MO 63126





SLAM Calendar

January 2001 edition



January 28, 2001 Sunday	SLAM Mile meet Short course yards Parkway South High School Warm-up at 8, meet starts at 8:30 am
February 10, 2001 Saturday	IU Masters Meet at the new Councilman Pool - Bloomington, Indiana
February 24-25, 2001 Saturday and Sunday	SLAM Snowball Express Meet Entry form in next newsletter Marquette High School
March 3-4, 2001 Saturday and Sunday	Wildcat SCY meet in Lexington, KY
April 27-29, 2001 Friday - Sunday	Illinois State Meet; Northwestern University, Chicago area
May 17-20, 2001 Thursday - Sunday	Short Course Nationals Santa Clara, California
June 23-24, 2001	Louisville.com Invitational - KY
July 29, 2001 Sunday	SLAM Long Course Meters Meet at JCC
August 4-5, 2001 Saturday and Sunday	Lakeside - Louisville, KY LCM A very cool pool!
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

2001 USMS Rules of Competition Changes

1) The specific rule governing the backstroke start for meets held in short course yard venues has been removed and the rule currently used in meter venues will govern all backstroke starts. Specifically the feet must be below the surface of the water and the toes cannot be curled over the lip of the gutter. The rule now conforms with the USA-Swimming rules with respect to the placement of the feet.

2) Clarification has been given with respect to the use of the breaststroke kick in the butterfly. If the breaststroke kick is used, it must alternate with the armstroke. Additional dolphin kicks are still permitted between breaststroke kicks.

3) Diving from the edge of the pool is permitted while running a "Sprint lane" during warm up.

4) Requests for initial splits can now be made up to the end of the meet for all events except backstroke and relay lead-off times. The request for backstroke and relay lead-off splits must be made prior to the swim in order to insure a legal touch has been made and that the second swimmer has not started in the water respectively. These times may be used for all purposes.

5) The requirement for using an open palm to signal a disqualification has been removed by USA-Swimming. The hand must still be raised however.

Places to Swim –January 2001

Is the place you swim not listed? Let us know so we can add you to the list! Please give updates and corrections 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 \$3
Contact 314-727-SWIM
Other Info Coached by Mike Nordman and Liz Stroh

Name **Mid County YMCA**
Facility 25 meter pool, indoors w/ hot water
1900 Urban Dr. 63144; near 170 and Brentwood
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 Coached by Mark Gowler (Tues) Doug Vanhorne (Thurs) and Hap Gentry (Sat)

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 MTWThFS
9:30 – 11 am -T-Th-
8:30-10 am Sunday
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 -6:45 am M-W-F (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 314-842-2052
Other Info Coached by Mo Stewart

Name **Washington University**
Facility 25 yard/25 meter adjustable pool
at the corner of Millbrook (Forest Park Parkway) and Big Bend
Time 6-7 am M-W-F
Cost to Join \$ 100 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 16464 Burkhardt Pl 63017
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

Vanessa is a licensed massage therapist with a master degree in exercise physiology. She has been a health and wellness expert for eighteen years, the last eight specializing in massage and pilates. Wellness Partners is a business that a vast clientele ranging from corporations to private individuals. Give them a call today!



Vanessa Armstrong, MA, LMT
Specializing in sports/medical massage,
natural health & fitness

(314) 520-6567 6611 Clayton Road, Ste. 209
(314) 645-0710fax Clayton, MO 63117