

Saint Louis Area Masters Swimming

Freestyle Fling - A freestyle only meet will be hosted by SLAM this summer. We couldn't get enough officials to run a full slate of events due to other age group swim meets in the area, so it will be freestyle only. If we find more officials, we may add other events. See centerfold for details.

Carbondale Swim Meet - The Saluki's run a great meet every year in a very nice indoor 50 meter facility. It's a nice drive from the St. Louis area. See center fold for meet information.



Name This Newsletter- Our Nameless Newsletter is looking for a name - something that is unique and expresses the essence of Master's Swimming in St. Louis. Submit your idea to Lori Payne, and we will vote on a name at the annual picnic.

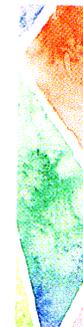
USMS Membership - With the approach of summer, we will be seeing new faces around the pool. For insurance reasons, all those new faces need to be registered with USMS! Contact Peggy Manion at 636-207-5942 for assistance with membership while Andy is out of town.

HELP WANTED: We could use some computer help with the newsletter. Several times each year we publish this newsletter. The computer work involves taking documents written by others, and organizing them into the format you see here for distribution. If you have access to a computer, and would like to help out, contact Lori Payne at: (314) 434-1578

Please mark Septmeber 16th on your calender -This will be the date of our annual picnic - held for the first time at Lori Payne's home. By having it a private home we have no problem with the weather and Lori's house has toys and entertainments for big and little people! We will be requesting RSVP's this year in hopes to boost participation. The CLUB will

provide meat and beverages as usual and dishes for substance will be brought in by YOU! :) the membership. This has been very successful in the past. When you RSVP we will assign you a side dish so we do not all bring the same thing - Look for more information from your team leaders who

are on the board for more information on this.



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(314) 520-6567
(314) 645-0710fax

6611 Clayton Road, Ste. 209
Clayton, MO 63117

Everybody loves a picnic!



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

Change Service Requested

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May 2001

Inside This Issue:

Letter from the President
Letter from the Editor
Seniors Report
Triathlon News
Places to Swim
Meet Calendar
News You Can Use – Fats
Wave Whispers

Centerfold:

Freestyle Fling and the
Saluki Summer Challenge

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Newsletter E-mail/website:

Newsletter@SwimSLAM.org

<http://www.SwimSLAM.org>

Message from the President

by Bruce Hopson

Greetings!

The top's down, the sun's shining longer and more brightly. It can only mean one thing: the start of the long course season! I know for many of you, that's a phrase you don't enjoy hearing, but there's nothing really to be afraid of by swimming long course. If nothing else, it provides a change of pace and builds stamina without those extra walls. It's also the start of our summer season (well, beginning Memorial Day). Although we won't have Maplewood this year (they're building a new and improved pool), there will be plenty of other places to swim, including Babler on the weekends.

There are also lots of meets this summer, too. It seems like our competitive season runs entirely from May through August. Our nationals swimmers should be back from Santa Clara, where we hope they all had great swims! Throughout the summer, there are a couple of meets each in June, July and August. In June, for example, there is a meet in Louisville June 23-24 (about a five-hour drive) that has an incredibly fun social event. They go to Churchill Downs for an afternoon of watching horse racing, and an all-you-can-eat buffet. (Mint Juleps are extra!) For those of you more distance oriented or just like open water swimming, there is a two-mile swim in a reservoir outside of Indianapolis on June 23 (about a four-hour drive).

In July, there is the Saluki meet in Carbondale July 15 (about a two-hour drive), and our meet July 29. Carbondale has an outstanding facility, an indoor 50-meter pool. For those of you who only swim short course, there are the Missouri Show-Me Games in Columbia, July 22.

In August, there's another meet in Louisville Aug. 11-12. This meet's held in a giant rock quarry. They have built out bulkheads to which they attach the lane ropes. Black lines are now painted on the bottom. In between your



racers, you can float on inflatable rafts! The facility is very child friendly. Finally, there is USMS nationals in Seattle Aug. 16-19. (At the time of this writing, airfare is approximately \$210 round trip, non-stop on American/TWA LLC).

I strongly urge all of you to try to make at least one meet this summer. If it's been a long time for some of you, or you've never swam a long course meet, I say now is the time. Find out where you are in your swimming. The past is the past. You only need to concern yourself with how you've done in the last five years. If you haven't raced in the last five years, then this is your starting point.

For now, though, take care, and remember to wear plenty of sun screen!

Bruce.

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





Patrick H. Fox, D.C.
(636) 227-8888
134 ENCHANTED PKWY. • STE. 104 • MANCHESTER, MO 63021

CHIROPRACTORS

Letter from the Editor

by Lori Payne

Happy Summer Swimming to All! Bruce said it so well I can not think of much to add to his letter.

We are winding down the short course season with the last push to Santa Clara 17 May. Six SLAM swimmers are on their way to faster times and a fun time! This is an awesome meet- the best of the best are there and it is always a joy to watch these incredible athletes.

I have been dropping in on numerous high school meets in the last few weeks. And guess who I am seeing sitting in the bleachers? THE PARENTS. Yes. Our Friends. The same ones that are part of the mysterious missing link in our masters' groups. Their children swim but they can't???. They are SO embarrassed when I question them as to where they have been hiding. You would not believe the excuses they are coming up with for not showing up to practice.....oh I have to take my kids to practice, my eyebrow hurts, my suit has shrunk (Huh?) I have a splinter, broken fingernail, black and blue mark.....

Summertime is the perfect time for those who have been sitting on the fence to get off it and get back in the pool! Dig out the shrunken suit, the dried up goggles, the smelly towel and go for it! Remember what it feels like to stretch and breathe hard (not just going up and down the stairs) Move your body-go buy yourself a new suit-whatever it takes but do IT!

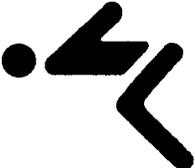
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Allison Barber

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Des Peres, MO 63131
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314-821-1004 (Ph/Fax)

1747 Clarkson Rd
Chesterfield, MO 63017
636-519-SWIM (7946)
636-519-7945 (Ph/Fax)



Authorized Speedo Dealer

Senior Report

by Bob Blake

We Seniors have been busy as usual- contrary to popular belief, the cold doesn't slow us down a bit! The 2000 Top Ten SC Meters results are out and we were first in three relays and second in four relays. Several of us had top ten individual swims as well- Congratulations to all!

The Northwestern meet served as our Nationals this year and Bob Blake won high point in his age group - the second time in 3 years! Bill Cannon had many personal bests as well (must be those women you train with Bill!) Most of us are preparing for the Sr Olympics beginning 19May at the JCC- soon after the Show



Me Games begin and that is just in the next 4 weeks!

Last but not least I wanted to mention the one hour postal swim which was held at Marquette this year. We had five swimmers for a total of 18465 yards- this placed us 44th as a team nationally. We would like to encourage more participation in this event- our team numbers have dropped off significantly- if anyone has an idea to jump start this event for SLAM please contact me.

Triathlete Report

by Mark Gowler

It has been a busy last few months for the triathletes- we aren't ones to sit too long even in the off season. One thing I wanted to make people of aware of was the initiation of the St. Louis/Gateway Chapter of "Team in Training." This is a group of first time of novice triathletes and their goal is to raise money for the Leukimia and Lymphona Society. To race in the meet last weekend for instance, each athlete raised \$4200 or more to be a participant. Seventy-five percent of the money went directly to research and the remainder was earmarked for hotel and airfare for the athlete. Orlando was just the beginning for some of these people-we have already begun preparing a new group for the upcoming July race. I have been fortunate enough to have been chosen to oversee and coordinate this group of fine, motivated athletes!

Upcoming events include the half Ironman in St. Croix V.I.- Lucky Tim Streb, Mike McCloud and Mike Bubb will watch the fish swim by ____ following that race, Lou Di Guessepe goes back to Camp Pendelton for an Ironman qualifier _____ Good Luck to All!



Triathletes: Checkout the Babler Park Triathlete Training this summer!!!

Wave Whispers

by Lori Payne

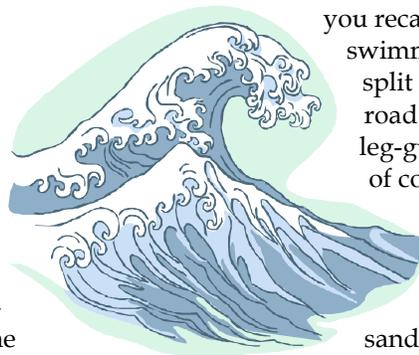
For all of you who have gossip that just can not keep another minute----- please forward it on to me for the next newsletter!-This will be a regular column!

Speedster Mary Grace Hubers' son Ryan, is "Bound for Broadway" after being selected to sing a solo at the Sheldon this spring-look for him as he croons Edelweiss to the crowd- also he is part of the trio that sings "If I Only Had a Brain."

Speaking of the theatre, Laurie Smith has her tool belt on again- building the theatrical sets for her children's middle school production of "Meet Me in St Louis."

Congratulations to our President, Bruce Hopson for receiving a National appointment by the Young Lawyers division of the American Bar Association- He is co- coordinator of the Hate Crimes Prevention/Student Outreach Program for the entire country! Very cool Bruce!

Remember Cecily Affleck? Past and presently back in the water swimmer? Now do



you recall her daughter, Shannon? The only swimmer Jim ever had who could negative split a 50 and 100 free? Well. She is on the road to recovery after a very bad broken leg-guess what her therapy is? Swimming of course! Go Shannon Go!

Air Force Major selectee, Andy Gale, is doing Temporary Duty in beautiful Kuwait until July first or so- it puts a new spin on having sand between your toes!

Two more boys would give Jenny Mueller Obert her basketball team- a little brother is due to join big brothers Dalton and Gavin in July- Jenny is diligently stroking away at Marquette and keeping everyone else honest!

Casey Smith showed his face several times in the last few weeks - in from Paris where he has been transferred, he shows no signs of the wonderful French food! He says Amanda and Grant are fluent in French now and happily swimming away with a team near their home.

The T.J. Halliburton Fundraiser sponsored by the St. Louis Blues was again a big success! Please look for future information on this year's event in the next newsletter. This will be held in late October or November.

WHERE IN THE WORLD IS:

Johan Hendriksson, Kim Burnt, or Chuck Shedd???

Saluki Masters Swim Club Presents:

2001 SUMMER CHALLENGE LC SWIM MEET

(Sanctioned by Central LMSC for USMS, Inc. #21112)

DATE: Sunday, July 15, 2001 **TIME:** Warm-ups - 12PM; Meet Starts at - 1PM.

LOCATION: Southern Ill. Univ., Student Recreation Center, Grand Ave., Carbondale, IL

FACILITY: 50 meter indoor pool, ten lanes (two lanes will be used for warm-up/cool down during the competition), non-turbulent lane lines, automatic timing and ample clean locker room space, shower and toilet facilities. Bring your own lock. Plenty of free parking on the north side of the building. The Recreation Center is a nonsmoking facility. If arriving on Saturday (7/14) and you desire to swim in the competition pool, notify Meet Director prior to 7/14.

ELIGIBILITY: All swimmers must be currently registered with United States Masters Swimming, Inc. Applications for those not already registered with USMS will be available at the sign-in desk. Please send a copy of your USMS card if you are not registered with CMSA.

AGE GROUPS: 19-24, 25-29, 30-34, and so on up to 90-94 and 95+. Your age as of December 31st, 2001, determines your age group for the meet. Relay age groups will be according to the sum of the ages of the relay members: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320+.

MEET CONDUCT: 2001 USMS Rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with sexes and age groups combined. All events will be deck seeded. Participants are limited to five events, plus relays. Swimmers attempting records must notify the starter to assure that 3 timers are available, in addition to the automatic timing equipment. Either the 1500 or the 800 freestyle may be entered, but not both. Entrants in the 800 and 1500 may be requested to swim two to a lane. These events will only be swum as time permits. There may be breaks taken between some events depending on the number of entrants and pace of the meet.

CHALLENGE EVENTS: There will be two challenge events - The Sprint Nobrainer and The IronSwimmer Glutton. The Sprint Nobrainer event consists of the combined time for the 50 fly, 50 back, 50 breast, 50 free and the 100 IM (long course, marked 10 meter transition zone in center of pool). The IronSwimmer Glutton event consists of the combined time for the 200 fly, 200 back, 200 breast, 400IM and the 1500 freestyle. All participants in the Challenge Events will receive a special T-Shirt. Cost to enter the Challenge Event will be an additional \$5 for early entry or \$10 for late or deck entry. The Challenge Event Box on the meet entry form must be checked for official entry in the Challenge Event competition. The Challenge Events are held each year at this meet. The tradition has started and the standards have been set for those who dare to accept The Challenge!

SOCIAL: There will be a social following the meet. Information will be available at the meet.

ENTRY FEES: \$15 per person regular entry or \$20 per person Challenge Event entry covers the entire meet, if entry is received on or before July 7, 2001. Entries received after 7/7 and deck entries are \$20 regular entry or \$30 Challenge Event entry. No extra fees for relays.

CHECKS PAYABLE TO: Saluki Masters Swim Club

ENTRY DEADLINE: Preregistered entries must be received on or before July 7, 2001.

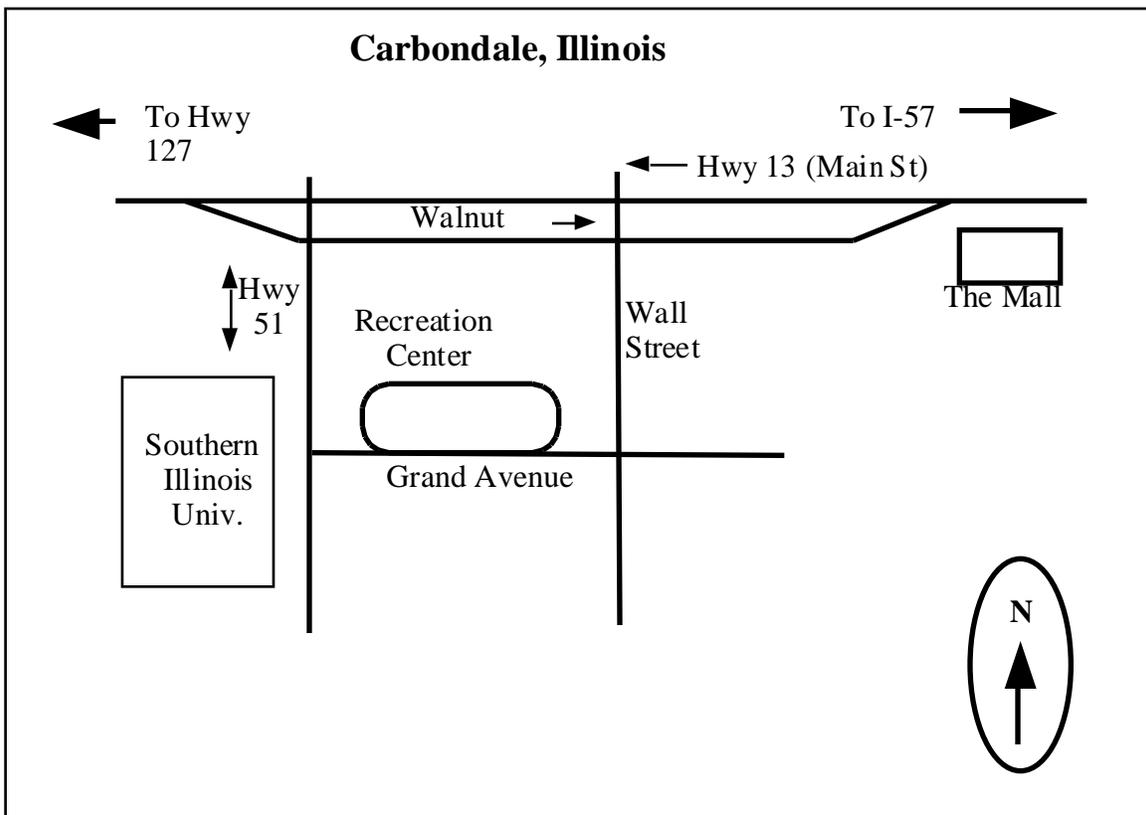
MAIL SIGNED ENTRY AND REGISTRATION FEE TO: Clay Kolar, Meet Director
620 Sheppard Lane
Makanda, IL 62958

QUESTIONS: Clay Kolar at 618/457-4627; E-Mail: bjkcak@hotmail.com

TRANSPORTATION: Carbondale, Illinois is 335 miles south of Chicago, 120 miles southeast of St. Louis, 172 miles south of Springfield, 256 miles southwest of Indianapolis, 221 miles west of Louisville and 210 miles northwest of Nashville. Carbondale is served by Amtrak and the Williamson County Airport - Marion (east of Carbondale).

MOTELS:	Holiday Inn 800 E. Main Carbondale 618-529-1100	Best Inns of America 1345 E Main Carbondale 618-529-4801 1-800-237-8466	Super 8 1180 E Main Carbondale 618-457-8822 1-800-800-8000	Super 8 128 E Walnut Murphysboro 618-687-2244 1-800-800-8000
	Knights Inn 2400 W Main Carbondale 618-529-2424	Giant City Lodge Giant City State Park Makanda, IL 618-457-4921	Comfort Inn 1415 E Main Carbondale 618-549-4244	Apple Tree Inn 200 N 2nd Murphysboro 618-687-2345 1-800-626-4356
	Ramada Limited 801 N Giant City Rd Carbondale, IL 618-351-6611 1-800-2-RAMADA	Days Inn 801 E Main Carbondale, IL 618-457-3347 1-800-DAYS-INN		

Camping is available at Giant City State Park, Little Grassy Lake, Crab Orchard Lake, and Lake Murphysboro.



**SALUKI MASTERS SUMMER CHALLENGE SWIM MEET
SUNDAY, JULY 15, 2001 (USMS/CMSA Sanction #21112)
SOUTHERN ILL. UNIV. STUDENT RECREATION CENTER, CARBONDALE, IL**

TIME: Warm-ups - 12PM; Meet Starts at - 1PM.

ELIGIBILITY: Ages 19+. All participants must have current USMS registration. USMS applications available at the meet. Please send copy of USMS card if not registered in CMSA.

ENTRY FEE: \$15 regular entry or \$20 challenge entry if received on or before 7/7/01. Entry received after 7/7 and deck entry is \$20 regular or \$30 challenge event. No extra fee for relays.

ENTRY LIMIT: Five individual events plus relays. Choice of 800 M or 1500 M - circle one.

Name _____ Sex _____ Age _____ (on 12/31/01) Birth Date _____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ Phone (W) _____ E-Mail _____

USMS # (Required) _____		Team _____			
<u>Event #</u>	<u>Event</u>	<u>Seed Time</u>	<u>Event # Event</u>	<u>Seed Time</u>	
1.	200 M Fly	_____	12.	200 M Breast	_____
2.	50 M Breast	_____	13.	50 M Back	_____
3.	200/400 M Medley Relay	_____	14.	100 M Fly	_____
4.	200/400 M Mixed Free Relay	_____	15.	200/400 M Free Relay	_____
5.	400 M Free	_____	16.	200/400 M Mixed Medley Relay	_____
6.	100 M Breast	_____	17.	100 M IM	_____
7.	200 M Back	_____	18.	400 M IM	_____
8.	50 M Fly	_____	19.	100 M Back	_____
9.	200 M IM	_____	20.	50 M Free	_____
10.	100 M Free	_____	21.	800 M Free	_____
11.	200 M Free	_____	22.	1500 M Free	_____

TO ENTER THE CHALLENGE COMPETITION THE CORRECT ENTRY FEE MUST BE INCLUDED AND ONE OF THE FOLLOWING MUST BE CHECKED:

SPRINT NOBRAINER EVENT _____

IRONSWIMMER GLUTTON EVENT _____

CHALLENGE EVENT ENTRANTS CIRCLE T-SHIRT SIZE: SM MED LG XLG

Athlete's Release

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 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. (Rule Book Article 203.1)

Signed _____ Date _____

SAINT LOUIS AREA MASTERS SUMMER FREESTYLE FLING

Sanctioned by Ozark Association for USMS Inc.
Sanction # 4527

USMS # _____
Name (As it appears on USMS Registration Card)
First: _____ MI: _____ Last: _____
Street: _____
City: _____ State: _____ Zip: _____
Sex(M/F): _____ Date of Birth: _____ Age(Dec. 31): _____ Club: _____
Home Phone: () _____ Business: () _____

- 1 1500 m Free _____ (if you want to swim 800 let the Meet
Director know, its one or the other not both)
- 2 200 m Free _____
- 3 100 m Free _____
- 4 50 m Free _____
- 5 400 m Free _____

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 to 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., JEWISH COMMUNITY CENTER, 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 _____ Participants Signature _____

Please enclose the following with this meet entry:

- 1) Copy of USMS Card
- 2) Check payable to **St. Louis Masters Swim Club** \$3 (EE) \$4 (DE) both per event.
- 3) Completed Meet Entry Form

Mail to: Janet Criscione, 9814 Schelde Drive, St. Louis, MO 63126

ST. LOUIS AREA MASTERS

SUMMER FREESTYLE FLING

MEET INFORMATION

Location

Jewish Community Center (JCC), address 2 Millstone Campus Dr., Phone (314) 432 - 6780. Take 40/64 to Lindbergh. Go North on Lindbergh to Schuetz. Go Left on Schuetz to Millstone Campus Dr. Turn Right on Millstone Campus Dr.

Time

Sunday, July 29th, warm-ups will begin at 3:30 p.m.; meet will begin at 4:00 p.m. Meet will run until no later than dark.

Eligibility

Persons over nineteen years of age are welcome. A participant's age is their age as of December 31, 2001. 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

2001 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded by time. Due to a conflict with 2 major USA Swim Meets that weekend we only are able to get 2 officials to work this meet so this will be a freestyle meet. If we acquire two more officials, we will conduct the meet with a full slate of events. If anyone knows any officials that might be available to work this meet please let the meet director know ahead of time, or give the person the meet directors phone number. Results will be submitted for top ten consideration.

Entry Date

In order to be seeded in the proper heat, entries must be received by July 15, 2001 (**Please be as accurate as possible in your seed times**). Deck entries will be accepted, however, only where heats are incomplete.

Facility

The pool is a 6 lane, 50-meter pool, equipped with non-turbulent lane lines. There is a separate diving well for warm-up and cool down.

Fees

Fees are as follows:

Meet entry fee:	\$3.00 per event / Early Entry
	\$4.00 per event / Deck Entry

Sanctioned by Ozark Association for USMS Inc. Sanction # 4527

Meet Director:

Janet Criscione, 9814 Schelde Drive, St. Louis, MO 63126, 314-849-7428

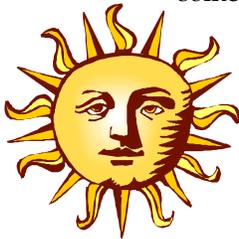
jcrisci329@aol.com

on heart disease, and even on cancer. The effect of fat intake on cholesterol is subtle, and the effect of cholesterol on heart disease is subtle. Thus a study to determine the effect of fat intake on heart disease would have to be very large, and thus expensive, in order to see a statistically significant result.

There have been some large studies, and the results indicate that eating mono-unsaturated fats is somewhat beneficial, eating saturated fats is probably not any worse than eating the same calories as pasta, and eating trans unsaturated fats is bad for you. The real bottom line is that there is no super strong effect of fat intake for most people. Smoking causes lung cancer, and there is very good evidence of this despite the best efforts of the tobacco companies to convince us otherwise. But the effect of fat intake on health is just not as clear.

Certainly obesity is correlated with heart disease, and so the extra calories in fat is something you should be aware of

if you are trying to lose weight. Also, if the fat in your diet is from junk food with low levels of vitamins and minerals, then the fat intake may be bad for you just because it means you are missing out on those other sources of food that have the micronutrients you need. Also, reducing your fat intake can cut your blood cholesterol level up to 10%. If you have high blood cholesterol, you should certainly be talking to your doctor to get recommendations about your fat intake. But for an active swimmer with healthy blood cholesterol levels, there really isn't evidence that a low fat diet will reduce heart disease or make you live any longer. According to the Science article, the reason we are bombarded with "fat is bad" messages all day has to do more with the politics of developing the Federal Dietary Guidelines, than with any good scientific evidence.



SLAM Calendar

Summer 2001 edition

May 17-20, 2001 Thursday - Sunday	Short Course Nationals in Santa Clara, California See: http://www.usms.org/
June 23-24, 2001 Saturday and Sunday	SwimLouisville.com Invitational and Churchill Downs Social http://www.lakesideswim.org/LakesideMasters/Home.html
July 15, 2001 Sunday	Saluki Summer Challenge Meet info in center of newsletter
July 22, 2001 Sunday	Show Me Games in Columbia Missouri See Bill Cannon for more info.
July 29, 2001 Sunday	SLAM Long Course Meters Meet info in center of newsletter
August 11-12, 2001 Saturday and Sunday	Louisville, KY LCM - rock quarry pool See Bruce Hopson for more info.
August 16-19, 2001 Thursday-Sunday	Long Course Nationals in Federal Way (Seattle area) For info see: http://www.usms.org/
March 23-29, 2002	World Masters Swimming Championship Meet Christchurch, New Zealand

Places to Swim – Summer 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 Lori Payne at 314-434-1578.

Name **Babler Park (Rockwood Masters)**
Facility 50 yard six lane pool.
Time 9:00-10:30 am -T-Th- July only
9:00-10:30 am Sat – also 10:00 to 11:30 special triathlete swim workout
8:30-10:00 am Sun
Cost to Join \$100 for summer, or \$40 for triathlete workouts only.
Pay-per-swim \$4 regular, or \$5 for triathletes
Contact
Other Info Jim Halliburton and guest coaches on deck; June 4 to August 10

Name **Clayton Shaw Park (CSP)**
Facility Shaw Park 50 meter outdoor facility – starts Monday, June 11
Time 5:20 – 6:35 am MTWThF
6:00 – 7:00 am Sat
Cost to Join \$45 per month or \$500 for 12 months. Call for summer rates.
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 Sat
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 Queeny Park
Time 5-6:30 am MTWThF 6/4 to 8/10
7:30-9:30 am Sat - as announced by coach
Cost to Join \$40 for 3 swims per week (\$45 if not a resident of Parkway Schools), \$45 for 4 swims (\$50 nonresident), 5 swims per week \$50 (\$55 nonresident)
Pay-per-swim \$4
Contact 314-415-7010
Other Info Coached by Eric Strom

Name **Rockwood Masters**
Facility Des Peres Assembly of God (church pool)
Time 5:15-6:30 am M-W-F
12:00-1:30 pm -T-Th- June only
Cost to Join \$ 120 per semester; \$100 for the summer
Pay-per-swim \$ 4
Contact 636-230-3636
Other Info Coached by Jim Halliburton; June 4 to August 10

Name **Sugar Creek**
Facility Kennedy Pool
Time 5:30-7:00 am -T-Th- Sat
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; call for start date

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

I've always been a big believer that you never arrive, but it's a wonderful journey. You never put a limitation on your own abilities. If you put a limitation on it, you can't get any better.

- Golfer Tiger Woods