

Saint Louis Area Masters Swimming

DO YOU E-MAIL?

Have you been getting your newsletter electronically? How has the e-mail distribution been working? We would like some feedback on the newsletter in general, and the electronic version in particular. Please read the letter from the editor about this and give Lori your feedback.

Have you noticed the advertisements in the newsletter? Well there is room for more!! The cost is \$100 per year. Contact Lori Payne for more information on how to advertise in the newsletter.

**T.J. Haliburton
Hockey Fundraiser: -**
Help SLAM support TJ by attending the Blues hockey game against the Nashville Predators on Friday, September 28th. The cost is \$15, part of which goes to supporting TJ. Call 636-230-3636 for more information or to purchase tickets. Make checks payable to the TJ Haliburton Medical Fund.

Name This Newsletter-
Submit your idea for a name to Lori Payne, and we will vote on a name at the annual picnic.



SLAM Annual Picnic

September 16th at Lori Payne's House
336 Pebble Acres Drive

Volleyball Croquet Washers Pool Darts

1:00 - 4:30, eat at 1:30. SLAM annual meeting after the festivities.

RSVP



Dana Alter, D.C.

(636) 227-8888

134 Enchanted Pkwy.
Suite 104
Manchester, MO 63021



Patrick H. Fox, D.C.

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September 2001

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Newsletter@SwimSLAM.org

<http://www.SwimSLAM.org>

Message from the President

by Bruce Hopson

Greetings,

Well, we survived another season. Long course swimming wasn't as bad as we thought. It certainly was brutal at the beginning of the season, with air temperatures in the upper 50s and water temperatures in the lower 70s. Looking back, it didn't sound that bad when we were swimming in August in air temperatures around 80 and water temperatures around 90! The only problem with long course swimming (the lack of turns aside) is that by the time you get fully adjusted to swimming it, the season's over.

Now, it's a new season – back to short course. And, it's a good time to work on stroke drills. Training alone will not increase speed. There is no short cut without proper mechanics. For those who like to compete, the Fall is a great time to work on mechanics and lay back on the training because most of the meets are in the Spring.

Even if you don't compete, it's still a good idea to take a vacation from swimming. The body needs a break just like the mind needs a break from work and school. If you're planning on swimming in meets this Fall, October (Indianapolis) and our meet in November (not December this year), take break after that. Two weeks is a good period. Be careful not to stay out too long. The problem isn't getting back in shape so much as it is getting back period! Once out of the routine, it's hard to get swimming back into the routine.

So get out of the pool. Watch the leaves turn colors. Come back refreshed and ready to take on the new challenge of short course swimming.

Bruce

P.S. Hope to see you at the Picnic September 16 at Lori Payne's!

Letter from the Editor

by Lori Payne

The summer has come and gone-as always swimming long course in St Louis is a challenge due to finicky weather---one day it is too hot the next too cold!!! We do however have several people on their way to Seattle for the LCM championships -Best of luck to them!

*****YOUR ATTENTION PLEASE*****

Apparently there is some misunderstanding and/or confusion about HOW you are receiving your newsletter. Our goal for the past year has been to enable people to read our newsletter ON LINE! Our mailing costs and printing cost are exhorbatant, something we are trying to reduce-you must use our WEBSITE. swimslam .org. We are NOT sending you the newsletter in an email anymore. The servers do not look favorably on us when we send out 16 page newsletters via email like we did in May. It must be read via the web site! The newsletter is always out the 3rd week in May, the third week in Aug, the third week in Nov..the third week in Feb. (are you getting the idea?) This is based on you getting the schedules and the proper meet entry forms in the proper time frame-we are not trying to short change anyone-! If extras come up that you need to be aware of, it is posted on the website immediately or a post card issued to those of you not on line..... So you see, this is not a difficult proposition-what we need most from you is your email address, any change of addresses etc., etc....Please help us in

Triathlete Report / Senior Report

The Summer is a busy time for our Seniors and Triathletes---the Show Me Games, the State Games, the Babler Beast, and the preparation for the Ironman. We will have a full report from them in the December newsletter-



Vanessa Armstrong, MA, LMT
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this transition period...if there are other ideas to make this more efficient we are always open to constructive suggestions.

We do have a lot of fun events on the horizon. The most unusual one being the Big Shoulders swim in Chicago Sept 9th-for a small team, we have a lot of entries this year. This is a 5K or a 3K triangular course swum off of Navy Pier! The week after, 16th September is our annual picnic-we are trying something different this year and having it a private home. Super Smokers is catering for us-please be responsible and RSVP as soon as possible. Remember, this is a family affair! Look for the box in this newsletter with more details!

I want to take a minute and thank Joan Deffeyes for her tireless work on this newsletter. She is leaving on a wonderful adventure to Stanford University to study Mechanical Engineering. Joan has worked closely with everyone involved with this project, always with a smile -her expertise has been invaluable:)! Thank-you from all of us. Joan, can we come swim with you?

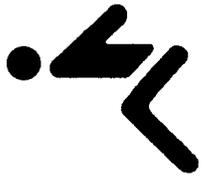
B & B AQUATICS

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

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



Authorized Speedo Dealer

News You Can Use

by Joan Deffeyes

This is the last newsletter article on nutrition, and the topic is micronutrients. *Micronutrients* are the nutrients that you only need a little bit of- things like vitamins and minerals. Things like proteins, carbohydrates and fats are *macronutrients* because you need to eat much more of them.

If you watch the news, you see reports on the latest "breakthrough" in nutrition research - Vitamin X may help overcome disease Y. The truth is that the nutritional importance of all the little goodies that are found in food is really not well understood yet - that's why all the research is being done. One thing that is not reported on as much is that too much of these micronutrients can be as bad as too little. For example, lack of vitamin A can lead to blindness, but too much can lead to death! Polar bear liver is especially rich in vitamin A, and early European explorers of the North Pole found out the hard way that vitamin A is toxic in high doses! We tend to focus on the good things vitamins do, and forget that too much is just as bad.

So you need to get a sufficient amount of all these little goodies, but not too much. How can you possibly figure out what to eat? Well, it turns out your mom knew the answer all along. Eat your fruits and vegetables.

Eat your fruits and vegetables.

- Mom

All the little goodies that nutritionists currently know that are good for you, and lots more that they are just starting to understand, can be

found in the fruits and vegetables in your grocery store. There is no need for fancy vitamin pills - and in fact those fancy vitamin pills are likely missing some important ingredients that have been in natural food all along, but have not yet been found to be beneficial. Like Mom said, eat your fruits and vegetables.

You are what you eat - so eat something good!

SLAM Calendar

Autumn 2001 edition

September 9, 2001	Big Shoulders Open Water Swim - At Chicago 'sNavy Pier
September 16, 2001	SLAM Picnic at Lori's
November 11, 2001	Rockwood /SLAM Masters Winter Meet Eureka Senior High School
March 23-29, 2002	World Masters Swimming Championship Meet Christchurch, New Zealand

Places to Swim – Fall 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 **Clayton Shaw Park (CSP)**
Facility City of Clayton indoor 25 yard pool – near Clayton High School
Time 5:15 – 6:30 am MTWThF
7:00 – 8:00 am Sat
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 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 Parkway Pools
Time 5-6:30 am M-W-F at Parkway South
Starting October 9th 5:30 to 6:30 am –T-Th-
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 - starts September 10th**
Facility Marquette High School
Time 5:15-6:45 am and 9:30 - 11:00 am M-W-F
11:00-12:30 pm -T-Th-
Sunday at 8:30 -10:00 am
Cost to Join \$ 120 per semester; \$100 for the summer
Pay-per-swim \$ 4
Contact 636-230-3636
Other Info Coached by Jim Halliburton

Name **Sugar Creek**
Facility Truman Elementary School/Sperreng Pool
Time 5:30-6:45 am and 11:30 am – 1:00 pm M-W-F at Truman
7:00 – 8:00 pm -T-Th- at Sperreng

11:00 am to 12:00 noon Sat at Truman
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 (probably second week of September)

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



**ROCKWOOK / ST. LOUIS MASTERS
SCM WINTER MEET
SUNDAY – NOVEMBER 11, 2001**



- 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 Eureka High School will be located on the west side (left side).
- Time:** **Sunday November 11, 2001. Warm-ups 12:00 pm, meet 12:30 pm.**
- Eligibility:** Persons nineteen-years-old (19) and older 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 (5)**, excluding relays. Relays will be deck entered. Results will be submitted for top ten consideration.
- Fees** Fee is \$10.00 for all Masters Members. Please make checks payable to St. Louis Masters Swimming.
- Entry Date:** In order to be seeded in proper heat, entries must be received by November 01, 2001. Deck entries will be accepted, **where lanes are available**. 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-turbulant lane lines. If possible, five lanes will be used for competition, with one outside lane available for swim down.
- Meet Info.:** If you have any questions, please contact **Janet Criscione 314-849-7428.**

Order of	1	200m Freestyle Relay	12	200m Freestyle
	2	50m Backstroke	13	400m Medley Relay
	3	100m Breaststroke	14	200m Backstroke
	4	200m Butterfly	15	50m Breaststroke
	5	200m IM	16	100m Butterfly
	6	400m Freestyle	17	100m Freestyle
	7	200m Medley Relay	18	100m IM
	8	100m Backstroke	19	50m Freestyle
	9	200m Breaststroke	20	400m Freestyle Relay
	10	50m Butterfly	21*	800m / 1500m Free
	11	400m IM		

*** One or the other not both. Please signify which you wish to swim on entry form.**



ROCKWOOD MASTERS WINTER MEET

SUNDAY – NOVEMBER 11, 2001



SANCTIONED BY OZARK ASSOCIATION FOR USMS INC.

SANCTION # PENDING

PLEASE RETURN THIS ENTRY FORM WITH FEE BY NOVEMBER 1, 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: () -		

Event #	Event	Seed Time (meters)	Event #	Event	Seed Time (meters)
1	200m Freestyle Relay		12	200m Freestyle	
2	50m Backstroke		13	400m Medley Relay	
3	100m Breaststroke		14	200m Backstroke	
4	200m Butterfly		15	50m Breaststroke	
5	200m IM		16	100m Butterfly	
6	400m Freestyle.		17	100m Freestyle	
7	200m Medley Relay		18	100m IM	
8	100m Backstroke		19	50m Freestyle	
9	200m Breaststroke		20	400m Freestyle Relay	
10	50m Butterfly		21	800 / 1500m Free	
11	400m IM				

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).
- 3) **Copy of USMS Card**

MAIL TO: Janet Criscione, 9814 Schelde Drive, St. Louis, MO 63126-3248