

SAINT LOUIS AREA MASTERS SWIMMING NEWSLETTER

September 2002

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Message from the President By Bruce Hopson

Greetings!

Fall is upon us, the kids are back in school, and now it's time for us to hit the pool. As bad as that rhyme sounds, there is some truth to it. For many of us, it's a challenge to find the time to hit the pool, especially when we have school-aged children who aren't in school. Many of us, however, don't have children or our children are grown up and have moved away but we have other demands that make it difficult, too. That's what makes SLAM such a diverse group - and diverse we are. Our ages run from 19 to 91. We have had swimmers compete in the Senior Olympics and will have swimmers compete in the Gay Games this fall. We have people who never trained for swimming until they joined SLAM, and we have people who swam for Division I schools. We have people who love to compete, and people who swim to be fit. But as diverse as we are, we all have one thing in common, our love for swimming. It's what gets us up before 5am in the morning when it's snowing or raining. It's what keeps us coming at night when our friends or our loved ones are at home, sacked out on the couch watching television.

In many ways, swim practice is like life: Diverse people together for a common purpose but who don't know anything about one another. Therefore, I urge each of you this year to make an effort to know the people in your lane, and in your practice group. Many of us can probably name some or most of the names of those who swim in our lane, but few of us can name most of the people who swim in our practice group. SLAM is a big organization, over 200 swimmers. But our practice groups aren't big. That's how we can remain close, by knowing best those who are closest to us. Many of you are already doing that by going out to breakfast after morning practice or for drinks after evening practice. Keep it

up - even have a party! The more enjoyable you make swimming, the more enjoyable swimming will be.

On to other topics: congratulations to our members who competed at the USMS Long Course nationals in Cleveland, OH. We had eleven swimmers register (although Bill Cannon was unable to attend because of family matters) - Beaver Blake, Janet Criscione, Karen Czmarko, Joe Czmarko, Bruce Hopson, Stephanie Petersen, Matt Shirley (and his father and sister Will Shirley and Ellie Shirley), and Julio Zegarra-Ballon. Other present and former St. Louisans in attendance were Randy Schrupp, who was swimming unattached so he can swim for a team in Florida this October for his old college coach, and the relatively newly weds, Andrew and Margaret (Manion) Gale, who are now living in Norfolk, VA, and are swimming for Virginia Masters. For those of you who remember, our own Laura Kessler helped run the meet, although she did not swim. Look for their results elsewhere in this newsletter.

And speaking of ways of getting to know one another, what better way than to come to our annual fall picnic, which will be held September 29, 2002, from 3 - 6pm at our secretary's (Stacey Garverick) home. Again, look for details elsewhere.

Finally, mark your calendar for November 24, 2002, when we plan on having our short course meters meet at the St. Peters RecPlex. Look for the meet information to be available soon. Other meets will be 1650 meet February, 2, 2003, our spring meet (TBA) and USMS Short Course Nationals May 15-18, 2003 in Tempe Arizona (Arizona State University). This is a great facility and should be a lot of fun. Plan now as ASU's graduation unfortunately is that weekend!

Until then, I hope to see you at one of our parties! Bruce

Places to Swim - Fall 2002

Name: Clayton Shaw Park (CSP)
Facility: City of Clayton (near Clayton High School)
Indoor 25 yard pool
Time: 5:15am - 6:30am M, T, W, Th, F
7am - 8am 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: 1900 Urban Dr 63144 (near 170 & Brentwood)
Indoor 25 meter pool
Time: 8:30pm - 9:30pm T, Th
7am - 8:30am Sat
Cost to join: no longer have punch card option; call for current options
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
Indoor 25 yard pool
Time: 5am - 6:30am M, W, F
5:30 - 6:30am T, TH
Sat as announced by the coach
Cost to Join: \$40 for 3 swims/wk, \$45 for 4 swims/wk, \$50 for 5 swims/wk
Pay per swim: \$4
Contact: 415-7010
Other info: Coached by Eric Strom

Name: Rockwood
Facility: Marquette High School
Time: 5:15am - 6:45am & 9:30am - 11am M, W, F
11am - 12:30pm T, Th
8:30am - 10:00am Sun
Cost to join: \$125 per semester
Pay per swim: \$4
Contact: 636-230-3636
Other info: Coached by Jim Haliburton

Name: Sugar Creek
Facility: Truman Elementary School/Spereng Pool
Time: 5:30am - 6:45am & 11:30am - 1pm M,W,F @ Truman
7pm - 8pm T, Th @ Spereng
11am - 12noon Sat @ Truman
Cost to join: \$50 per month; punch card 10 visits for \$40
Pay per swim: \$4
Contact: 314-842-2052
Other Info: Coached by Mo Stewart

Name: Washington University
Facility: Millstone Pool (at the corner of Millbrook & Big Bend)
25 yard/25 meter adjustable pool
Time: 6am - 7am M,W,F
Cost to join: \$100 per semester
Pay per swim: ?
Contact: Brad Shively 935-5220
Other info: Organized workout but no on deck coaching

Name: West County YMCA
Facility: 16464 Burkhardt Pl 63017
Time: 8pm - 9:15pm M, W
7:30am - 9am Sat
Cost to join: Similar to Mid County YMCA; call for details
Pay per swim: try it once for free
Contact: 314-532-3100
Other info:

Note: SLAM does not run the workouts. Each practice group or team listed below is responsible. Sometimes practice groups change policies, prices, schedules and activities. Before you go to a workout listed above, CALL FIRST. If our information is wrong please let us know by email or telephone.

Results - Long Course Nationals, August 15-18, 2002, Cleveland, OH

<u>Swimmer</u>	<u>Age Group</u>	<u>Event</u>	<u>Time</u>	<u>Place</u>
Karen Czmarko	W 19-24	50 Bk	DQ	DQ
		50 Br	44.77	4th
		200 IM	3:16.47	9th
Janet Criscione	W 40-44	800 Fr	26:59.07	4th
		100 Br	2:47.70	10th
		200 Br	6:03.85	9th
Stephanie Petersen	W 40-44	200 Fr	2:30.55	6th
		50 Br	37.41	1st
		100 Br	1:22.18	1st
		200 Br	3:02.60	1st
		200 IM	2:48.41	1st
Bruce Hopson	M 35-39	200 Bk	2:28.93	5th
		100 Fly	1:06.16	11th
		200 Fly	2:21.43	2nd
		400 IM	5:16.75	3rd
Julio Zegarra-Ballon	M 35-39	50 Br	41.79	15th
		100 Br	1:33.65	12th
		200 Br	3:36.90	8th
Matt Shirley	M 40-44	200 Fr	2:28.89	20th
		400 Fr	5:21.53	19th
		200 Fly	3:29.21	11th
Randall Schrupp (Unattached)	M 50-54	100 Fr	1:09.78	18th
		200 Fr	2:38.21	21st
		400 Fr	5:20.22	15th
		200 IM	3:08.00	16th
Joe Czmarko	M 60-64	50 Fr	54.44	8th
		100 Fr	2:09.11	9th
Robert Blake	M 75-79	50 Fr	35.24	1st
		100 Fr	1:21.21	1st
		200 Fr	3:24.60	4th
		400 Fr	7:47.52	6th

Relays

Mixed Free Relay M160-169 200 Fr 3:49.22 20th
M. Shirley (41), J. Criscione (41), W. Shirley (76), E. Shirley (29)

Mixed Medley Relay M160-169 200 Med DQ DQ
K. Czmarko (24), W. Shirley (76), M. Shirley (41), J. Criscione (41)

COME JOIN THE FUN...

**ANNUAL
SLAM
PICNIC**

**Where: Stacey Garverick's (secretary) home
6415A San Bonita
St. Louis, MO 63105**

**When: Sunday, September 29
3 - 6pm**

FOOD provided by SLAM

Directions: 1) From west: I-40 east to Bellevue exit, turn left on Bellevue, go straight through the stop light at Clayton Rd (Bellevue turns into University Ln), take a right on San Bonita at the stop sign, house is on the left (3rd from the end), come around to the backyard.

2) From east: I-40 west to Clayton/Skinker exit, go straight on Clayton Rd to the 3rd stop light, take a right on University Ln, take a right on San Bonita at the stop sign, house is on the left (3rd from the end), come around to the back yard.