

A Word from our President

Greetings,

It's been way too long, but I'm back with my column. Last Fall was absolutely mad! I had a couple of out of town business meetings, along with a three-week vacation trip to Sydney, Australia, and New Zealand. It was good to be back, but I had to come home to a mountain of work.

Good news. We have several new board members starting this Fall. Our new membership chair is **Matt Shirley**. Some of you know him from Clayton. He has been swimming with SLAM now for two years now. We also have two new meet directors, **Geoff Waller** and **Lauren Smith**. Geoff is originally from St. Louis and swam with Rockwood. He swam with SLAM about 4 years ago and has decided to get back to us in a non-swimming way. Lauren is a 2001 Washington University graduate who hails from Albany, NY, and now swims with Clayton. Finally, after many years of service, **Carol Levin** has stepped down as our treasurer. We surely miss her efforts. Thank you Carol for all your hard work! In Carol's place will be **Allyson Garverick**. She occasionally swims at the MidCounty YMCA with her sister, **Stacey Garverick**. The Garverick sisters grew up up and swam in Columbia. Stacey currently is our secretary. If you haven't met any of these people, please make sure to introduce yourself.

We have a lot coming up this Winter and Spring. First we have our 1650 meet February 2 at Parkway South High School. Our Ozark Short Course Championships will be at a new location this year - **Washington University**, and will be held March 29-30. It should be a good meet as it's a fast pool. Central Masters (Illinois) will be having its Short Course Championships April 11-13 at **Northwestern University** in Evanston. This is arguably the best meet in the Midwest. There are usually a couple hundred swimmers and fast competition.

Finally, the short course season will end when USMS will have its Short Course National Championships in Tempe, AZ (Phoenix), at the **Arizona State** University pool. I swam there in October 2000, and really enjoyed the area. The meet director assures everyone that the temperature won't be above 100 yet! In any event, they will have plenty of shade. Right now, American Airlines has **air fares for \$189** round trip from St. Louis to Phoenix. The meet is the last weekend of American's current fare sale. Even if you're only toying with the idea, I would suggest you reserve your hotel room now, as ASU is having its graduation that weekend. (ASU changed its calendar after the meet was scheduled.) They'll be plenty hotels at the airport and Phoenix, which are only five to ten minutes away. As always, there will be additional information on website.

Watch out for information regarding our **2nd annual SLAM Open Water Swim** this Summer. We will be adding a 2 mile swim in addition to our 1 mile swim. We will have more information at our meets, as well as on our website, www.swimslam.org. So, keep an eye out for it.

Until then, keep on swimming.

Bruce

St. Louis Masters Swim Club

2003 Membership Invoice

Invoice Date: January 5, 2003

Due Date: January 31, 2003

1	2003 USMS Membership	\$25.00
1	2003 St. Louis Masters Membership	10.00
	Total	35.00
<p>Hi everyone. Let me introduce myself, I'm the new SLAM Membership Chair/Registration Lackey, Matt Shirley. First, I'd like to apologize for the extreme delay getting these renewal forms out. We've experience technical (i.e. computer) difficulties, but we have that addressed now, and I promise you the admin side of this job will run much more smoothly. Please note that USMS registration fees have gone up \$5, to \$25 (\$35 total for USMS and SLAM) for 2003. That is the oh so frustrating reason we could not simply tell you to use last year's form.</p> <ul style="list-style-type: none">• Please sign the enclosed membership forms updating any information which may be incorrect or blank. These include the current date and age.• Please send the completed membership forms with a check for the correct amount and a stamped self-addressed envelope to moi at: Matthew Shirley 2204A Cherrywood Ln Scott AFB, IL 62225 <p>Second, this year you can make a tax detectable contribution to a number of causes on the forms. The USMS foundation supports research in aging and fitness while the Hall of Fame Foundation supports the swimming Hall of Fame. Thank you for your consideration of these fine endeavors.</p> <p>Third, I'd like to take this chance to urge more of you (as many as possible) to come participate in, enjoy, become one with many of the fine swim meets and open water races available to us. Please see the President's column on the back of this page.</p> <p>Thank you for joining USMS and St. Louis Masters for another year. If we can be of any help to you please contact one of the officers.</p>		

ST. LOUIS AREA MASTERS (SLAM)
and
UNITED STATES MASTERS SWIMMING
Membership Application for January 1, 2003 through December 31, 2003

The 2003 membership fee is **\$35.00**. This consists of the USMS fee of \$25.00 and St. Louis Area Masters fee which is \$10.00. For insurance purposes, USMS membership is required for participation in any Masters function (meets, practices, etc.). This fee includes a one-year subscription to SWIM magazine (normally \$15.00). Membership in SLM is required for participation in team practices and social events.

2003 SLAM Membership Form		
	Date	Membership Fee - \$10.00
Name	Sex (M/F)	Date of Birth <small>(MM/DD/YY)</small>
Street		<input type="checkbox"/> <i>New Address</i>
City	State	Zip
Home Phone	e-Mail	
Business Phone	Occupation	
Optional Information: Where do you usually workout? Would you be interested in assisting on a committee? <input type="checkbox"/> Yes <input type="checkbox"/> No		

2003 USMS Membership Application			
<small>Register with same name as you would use for competition. Please print clearly.</small>			
Last Name	First Name	Middle Initial	Office Use only:
Street			Apartment
City	State	Zip	Home Phone
Date of Birth:		Age:	Sex:
		Mo.	Day Year
Club (Must be USMS registered club or you will be registered as "unattached") SLAM			
Fees: USMS Fee: \$20.00 Ozark Fee: 5.00 Total Fee: \$25.00 <small>(\$7 goes towards Swim Magazine)</small>		<input type="checkbox"/> Name Change: Old Name: _____	
Voluntary Contribution to USMS Foundation \$ _____		Swimming Hall of Fame Foundation \$ _____	
<p>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 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, 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.</p>			
Signature _____		Date _____	

PAYMENT: Make check for **\$35.00** (\$25 for USMS + \$10 for SLAM) payable to St. Louis Masters. Send completed forms and check to Matthew Shirley, Membership Chairman, 2204A Cherrywood Ln, Scott AFB, IL 62225.

Please enclose a self-address stamped envelope. You will receive your membership card by mail.

Please make sure you have signed the above form.

**PARKWAY/ ST. LOUIS MASTERS
2003 WINTER MILE MEET**

Location: Parkway South High School, 801 Hanna Road, Ballwin, MO 63021

When: Sunday, February 2, 2003

Time: Warm-up 8:00 a.m.
Meet Starts 8:30 a.m.

Entries: This meet will be deck entered.

Eligibility: Persons over nineteen (19) years of age are welcome. Participants must have a USMS registration number or completed an application to participate. USMS application forms will be available at the meet. All levels of swimming ability are welcome.

Facility: The pool is a six (6) lane, 25-yard pool equipped with non-turbulent lane lines. If possible, 4 lanes will be used for competition, with one outside lane available for warmup/swim down.

Fee: \$5.00

Contact: Meet Director, Lauren Smith at 314-952-9567 or email smithlau@hotmail.com