



SLAM DUNK

St Louis Area Masters Newsletter Sept/Oct 2004 Vol. 1/ is. 5

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Warm Up:

We have seen the last days of summer slowly fade into fall. With that we have also seen the change from Long Course to Short Course season. I am not going to stretch or attempt to make analogies of the changes of these seasons. I will say that in spite of being inside to swim fall is one of my favorite seasons. The crisp air and the colors of the leaves really make it enjoyable for me. In the pool there is the time to slow down some and work on improving technique and building your aerobic capacity.

We have all been inspired by the performances of Michael Phelps, Natalie Coughlin, Aaron Peirsol and Amanda Beard. Take that inspiration and do what they are doing this time of year. All of these athletes and their Olympic contemporaries are slowing down and working on improving their technique and aerobic capacity. Falling back is not something you do with just your clock. Right now it's okay to add ten seconds to your intervals or do 500 yards less in a work out. Enjoy swimming and work on becoming a better swimmer. Look at it this way out of the six billion people in the world how many really care that you did 10 X 200 on 2:40? Fall back.

Addressing the importance of training Fred Shinn has contributed an interesting article on lactate testing and training. This article bust some previously held myths about lactate (lactic acid) and gives some light on a method of training smarter not harder. Considering all of the time constraints in our lives, training smarter makes a lot of sense regardless of the method used. Lactate testing and training could be your ticket.

Enjoy the change of colors, the crisp air and the smell of chlorine as we move into the fall and the short course season.

See you at the pool,

Erik

Presidents Letter:

Greetings!

Well, we're about to start a new swimming year, and everybody on the board is excited about the upcoming year. Michele Shinn, our USMS delegate, and I just returned from the United States Aquatic Convention in Orlando, FL., and have some great ideas that we will be implementing throughout the coming year.

First on our calendar will be our Annual Picnic to be held after our second to last long course practice at Maplewood. The festivities will begin at 10:30 a.m. to 1 p.m. SLAM will provide the meet and drinks, but we're asking swimmers whose last name begins with A-M to bring a desert and those whose last name begins with N-Z to bring a side dish/salad. For those of you who didn't join us this summer, we had approximately thirty people each Sunday morning in Maplewood's new, heated pool. We will be continuing this next summer so if you missed us this year, you can join us next year.

The picnic is your chance to have your voice heard! Tell us what you think we should be doing and what isn't working. If we don't know, we can't do it. We will also be having our elections for both SLAM and Ozark.

This will be a joint meeting of both SLAM and the Ozark LMSC. For those of you who don't know, United States Masters Swimming (USMS) is divided in eight zones, which are further subdivided into local masters swimming committees or LMSCs. SLAM is a USMS recognized club as well as the newly recognized SIU-Edwardsville. Both of these clubs make up the Ozark LMSC. Ozark, along with the Missouri Valley (Kansas City), Midwestern (Nebraska), Iowa, Minnesota, North and South Dakota, Wyoming and Colorado LMSCs make up the Breadbasket Zone.

Our second event will be our short course meters meet Sunday, November 14, 2004, at the Mid-County YMCA in Brentwood. This is the pool we had last year. Now that the Y has experienced a meet with us, they will be better prepared for this year, including having cooler water!

Third, Parkway Master will play host to its annual 1650 Meet Sunday, February 6. This is a great event, especially for triathletes, and Parkway does a good job of putting it on. Each swimmer swims a 1650.

April 2-3, the Ozark LMSC, will play host to the USMS Breadbasket Zone meet. We had hoped to have it at the new pool at the University of Missouri in Columbia, but unfortunately, that pool won't be ready until the summer. Therefore, we are working on a site in the St. Louis area. Rest assured, it will not be at Washington University. While the masters group there does a fine job, the facilities are not what they should be. We are hoping the future to have a meet there.

Finally, Team St. Louis will continue its 1-mile and 2-mile open water swim June 12 at the YMCA of the Ozarks. This is another great event for triathletes to get open water experience.

These are the events sponsored by SLAM and/or Ozark. This does not mean that your practice group cannot hold its own meet or event. In fact, we actively encourage you to do so. Just let us the particulars and we will put it on our calendar. Your team will be responsible for having it sanctioned and for the running of the meet. All we ask is that you try not to hold it the same time as our meets. Please see our meet calendar found elsewhere in this newsletter.

Keep swimming and I look forward to seeing you this year!

Bruce

Quotes, Thoughts and Musings collected by special correspondent Otis B. Driftwood:

Patriotism is supporting your country all the time and the government when it deserves it.
---Mark Twain, author and humorist (1835-1910)

Most men pursue pleasure with such breathless haste they hurry past it.
---Soren Kierkegaard, philosopher (1813-1855)

I will not let anyone walk through my mind with their dirty feet.
---Mohandas K. Gandhi (1869-1948)

The most wasted of all days is one without laughter.
---E.E. Cummings, poet (1894-1962)

MEET CALENDAR - As of 9/24/2004

- 10/24/2004- GRIN Fall Classic - Indianapolis, IN; SCM; Cheryl Gettelfinger, 505 Lexington Blvd.,
10/23/2004 Carmel, IN 46032-2253, 317-846-2727, Cgettelfinger@worldnet.att.net; www.grinswim.org; Sanctioned by IN LMSC #164-S06; Entry Deadline 10/14/2004
- 11/14/2004 Ozark LMSC Short Course Meters Championship - Mid-County Family YMCA, 1900 Urban Drive, St. Louis, MO 63144, SCM; Fred Shinn, meet director, shinnpt2@htc.net; sponsored by SLAM and Mid-County YMCA, Sanctioned by Ozark LMSC.
- 1/1/2005- 2005 USMS 1 Hour Postal Championship- PST-LD; Mel Goldstein, 5735 Carrollton
1/31/2005 Ave, Indianapolis, IN 46220, 317-253-8289, goldstein@mindspring.com; Sponsored by Indy Swim Fit, Sanctioned by IN LMSC
- 02/06/2005 B SLAM/Parkway Masters Annual Winter 1650/1000 Meet, Parkway South High School, Sanction to be issued by Ozark LMSC
- 04/02/2005- USMS Breadbasket Zone Meet/Ozark Spring Short Course Championships,
04/03/2005 TBD, Sanction to be issued by Ozark LMSC,
- 05/15/2004- 2005 USMS 5K/10K Postal Championship- PST-LD; PST-LD; Christine Swanson,
09/30/2005 2536 Maryland Ave, Tampa, FL 33629, 813-254-4514 (phone or fax), ctswanson@yahoo.com; Livia Zien, 727-821-8113, livia.zien@att.net
- 05/19/2005- 2005 USMS Short Course Nationals - Ft. Lauderdale, FL SCY; Stu Marvin, 501
05/22/2005 Seabreeze Blvd., Ft Lauderdale, FL 33316, 954-828-4580, smarvin@fortlauderdale.gov
- 06/12/2005 SLAM 4th Annual 1-Mile and 2-Mile Open Water Swim B Sunnen Lake, YMCA of the Ozarks (Potosi), MO Sanction to be issued Ozark LMSC
- 08/10/2005- USMS 2005 USMS Long Course National Championships - Mission Viejo, CA;
08/14/2004 LCM; Mark Moore, 25108-B Marguerite Pkwy #391, Mission Viejo, CA 92692, 949-233-6521 m.w.moore@cox.net; www.mastersmvnswim.org; Sanctioned by SP LMSC
- 09/01/2005- 2005 USMS 3000/6000 Yard Postal Championship PST-LD; Riley Stevens, 200
10/31/2005 Indian Trail, Anderson, SC 29625, 864-287-0956, catpostalmeet@aol.com; Clemson Aquatic Team, 864-287-0956, jelg@innova.net; Sanctioned by SC LMSC

THE ABOVE LOCAL MEETS ARE TENTATIVE AND ARE SUBJECT TO CHANGE IN BOTH LOCATION AND DATE.

LACTATE TESTING FOR MASTER'S SWIMMERS

*By
Fred Shinn*

Well, I'm laying awake at the USAS Convention in Orlando and just got done watching Dodge Ball and Spiderman II. Michele made me turn the TV off. It's time for the newsletter and I've got to write an article. Let's give this a try.

For the past year I've been gently trying to persuade a group I train with to consider a more pragmatic approach to conditioning by use of lactate testing. I sat in on the USA Swimming Sport Science Presentation today with Lori Smith and it renewed my interest in the topic. Let me try to shed some light on the topic and hopefully others will come to the same conclusion that I have, "If I am gonna invest time and effort, I want the biggest dividend in terms of improved conditioning and performance I can get."

Swimming is a sport requiring both art and science. The building blocks for an optimal performance are many and must be constructed in a proper sequence. Some of these building blocks are correct technique, positive mental attitude and a proper diet. There are many more blocks in this "construction" process; however, the cornerstone of this foundation is precise physiological training.

But what is appropriate physiological training? It is not judged by yardage. If it were, then those who put in the most time in the water would be the winners...always. It is not judged solely by intensity of effort or else those who pushed themselves the hardest would be the winners...always. Appropriate physiologic training is not achieved by copying the "magic" workout. It turns out that each swimmer has their own unique skill set and adapts to or responds to training in ways that are not always consistent with what the coach intended.

For this reason it is essential for one to test the response of the athlete to a given set over a prescribed training period. Lactate testing is a reliable form of testing that can be performed in a fairly economical fashion and can truly measure appropriate physiologic training. Each has to find his or her own way to peak conditioning and lactate testing can help one get there. It is my goal to stress swimming smarter, not harder.

One of the physiological objectives of training is to generate greater amounts of energy per unit of time for the duration of the swim. This higher rate of energy production should result in faster times provided there are no, or few, mechanical flaws and all other factors being equal. The swimmer must be able to sustain this rate of energy production for the duration of the event. All this requires proper intensity, frequency and duration of exercise. And, as stated above, it must be adjusted to each individual swimmer. No training zones, no heart rates, and no magic workouts will do the trick by themselves. Reliance on these alone assumes swimmers are made from the same "cookie cutter." Lactate testing is the necessary compass required to map each individual swimmer's best performance.

JUST THE BASICS

Let's try to de-mystify lactate testing. Hopefully, by the time you have finished you will have a much better understanding of the importance of lactate testing and why it makes the planning for a peak performance easier and the training more efficient. Incidentally, the term "lactate" is used instead of "lactic acid", yet, they are essentially the same.

First, forget what you already know about lactic acid (lactate). Lactate is not a harmful waste product and is definitely not the cause of delayed onset muscle soreness. It is not even the cause of the pain or discomfort you feel during intense exercise, though it is associated with this pain. Lactate is a natural product your body needs for proper functioning.

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So why should swimmers measure lactate and not some other substance or physiological process? The answer is that lactate is the unique substance in the body that allows one to assess the body's capacity for physical performance. This is possible because proper testing of the lactate produced during exercise enables one to measure the development of both the aerobic and anaerobic energy systems within the muscles actually being used while swimming. There is no other way to accomplish this that is easy and inexpensive.

To succeed, the swimmer needs to produce the most energy per unit of time during the entire event. The more energy produced, the more power one can exert during the event. The more power one can exert during the event the faster one can swim. Thus, a coach and swimmer should be concerned with what training will enable the athlete to produce, not only a high rate of energy, but to sustain it for the duration of the event.

An athlete essentially utilizes two sources of energy during a race, the aerobic and anaerobic systems. However, to achieve both high energy production and the ability to sustain it for the entire event, the aerobic and anaerobic systems have to be developed in a mutually beneficial fashion. There must be a certain degree of balance between the two systems.

Lactate testing has three main purposes:

1. First, one must initially assess the capacity of each energy system within the swimmer. A baseline must be determined. Each athlete is classified based on his or her physiological profile. This enables the coach to determine approximately how hard and how long a swimmer can safely train in order to reach a higher conditioning level. Each workout, each drill will have a specific purpose based on the profile. No needless workouts. Every minute of training has an objective because it flows from the conditioning profile.
2. Since each athlete is different it is important to know how this profile is changing over time. This is the really important part of lactate testing. It documents what happens to each athlete in their training, and the rewards are recognized in competition. It enables the coach to know what works and doesn't work with each athlete. Training starts to become more efficient as athletes only perform workouts that are effective. This individualized approach helps the swimmer reach the perfect balance of training for their given event.
3. A third purpose for testing is that the results will allow the coach to set individual training intensities for each type of workout. This is difficult to achieve in most team training experiences unless one has a distinct measure of what an athlete can achieve during a given set.

All things being equal, (and they often are at high levels of competition and in age adjusted competition such as Master's swimming), it means that the swimmers that make the greatest gains are those with the ability to ascertain their present level of conditioning and develop an appropriate training strategy.

THE THREE ENERGY SYSTEMS

Since the primary physiological objective is to maximize energy production per unit of time during an event, the main focus of a coach should be the training of the body's energy systems. I mentioned that an athlete mainly utilizes two energy systems during an event, the aerobic and anaerobic systems. There is a third energy system in the body, the creatine phosphate system, but this system plays a small role in any event with a prolonged duration. This system is crucial for a high jumper or a 100 m runner, but not necessarily important for 100m freestyler.

Aerobic system - The most important energy system is the aerobic system. The aerobic system has two functions.

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1. **The first is to provide energy.** The more developed the aerobic system, the more energy it can produce per unit of time (i.e. greater aerobic capacity.) The end products of the aerobic system are water and carbon dioxide, which are harmless. Optimal development is maximum development. The only time one would sacrifice aerobic capacity is if the development of it would interfere with the development of other characteristics necessary for a good performance. Most of the physiological training of a swimmer is directed toward raising aerobic capacity. Yet, aerobic energy alone is not enough to win an event.
2. **The second function of the aerobic system is to utilize the output of the anaerobic system.** Unlike the aerobic system, the output of the anaerobic system, is definitely not harmless. The anaerobic system puts out lactate and hydrogen ions. If too many hydrogen ions accumulate in the muscles, energy production is slowed down and performance is impaired. (It is the hydrogen ions, not lactate, that cause the pain and other problems in the muscles.) The aerobic system actually utilizes these by-products for fuel. So the stronger the aerobic system the less lactate and hydrogen ions will accumulate. This being the case, isn't a proper cool down important to rid the body of hydrogen ions? Since this is the case, think about "cool down" as the time spent between sets of the required intensity to improve performance; hence, the length of time spent in this activity and the intensity of activity is key. Cool down is not about getting rid of that dizzy head after 10 x 100's on some ridiculous interval. Cool down is all about the right amount of time spent at the right level of effort between sets, thus ridding one of those nasty hydrogen ions, in order to prepare for the next set or next practice.

This second function is why aerobic capacity or endurance training is so important for the athlete. A highly developed aerobic capacity enables the athlete to use the anaerobic system to a greater extent, therefore allowing one to sustain the energy/power/speed necessary for optimal performances in the pool. This is especially important in the final seconds, and even tenths or hundredths of seconds, of the event.

Anaerobic system - This system is extremely important for success, as well. While this system provides less energy in total than the aerobic system, the energy it does produce is generated much faster. It is the source that allows the athlete to accelerate when necessary. It provides the top speed achieved when one accelerates. No one wins a race with a poorly developed anaerobic system, nor does one win a race while using it extensively.

1. If the anaerobic system is too developed, the outputs (lactate and hydrogen ions) will overwhelm the aerobic system and accumulate rapidly in the muscles. Thus, an anaerobic system that is too strong will actually force the athlete to slow down and produce less energy per unit of time during an event. The anaerobic system has to be carefully trained or "fine-tuned".
2. If the anaerobic system is too weak, the athlete will not produce enough energy to exert power throughout the duration of the event.

The anaerobic system has to be carefully matched to the level of the aerobic system. The anaerobic system of a swimmer is trainable just like the aerobic system, but to a lesser extent. Many coaches do this without realizing that is what they are doing. It is possible to lower or raise the anaerobic capacity, depending upon what is required for a peak performance. The proper level will depend upon the requirements of the individual's event and the strength of the aerobic system. In general, the stronger the aerobic system the stronger the anaerobic system can be and the longer the athlete will be able to utilize this "acceleration" energy system during an event. Coaches should be aware of this relationship, since the balance between the two systems is what will determine the physiological performance of the swimmer.

AN OVERVIEW OF LACTATE TESTING

Lactate is associated with each of the two energy systems. It is produced by the anaerobic system and used as a fuel for the aerobic system. A properly constructed test can assess the development of each system and enable the coach to find the right balance between the two systems. Training becomes much more efficient as the athlete performs only workouts that have the desired effect. This is why lactate testing is so important. No other inexpensive, easily measured physiological parameter provides the same information. Also, the testing can be done in the same environment where the swimmer trains...on the pool deck.

Tests of the aerobic system - In general, the more developed the aerobic system becomes the lower the lactate will be at any given effort level. Thus a test of the aerobic system is one that measures how fast one can go or how much power is produced before lactate starts to accumulate. Typically, a coach will ask an athlete to do 1-4 steady-state reps of a given distance/time (several minutes) and then measure blood lactate after each. The testing will stop when the athlete generates a fixed level of lactate. With this concrete data a coach/swimmer will be able to maintain and monitor the effectiveness of training.

If the coach had a measure of anaerobic capacity then he or she could judge how much of the change is due to an increase in aerobic capacity or a possible decrease in anaerobic capacity. A decrease in anaerobic capacity can also prolong the intensity at which the athlete can perform. If the coach misjudges which energy system is being used, there is the potentiality and danger of increasing workout volume/intensity, which could lead to over-training and injury.

Tests of the anaerobic system - The more developed the anaerobic system the more lactate it will produce and the faster lactate may accumulate. Thus a test of the anaerobic system is one that measures the maximum amount of lactate that is produced per unit of time. The effort has to be maximal and short.

1. **Maximal** - otherwise, the anaerobic system is not being utilized to its maximum potential and any reading will underestimate anaerobic capacity.
2. **Short** - because the amount of lactate accumulated after a long test will be affected by the strength of the aerobic system and because the effort level of the athlete should not be impaired by the discomfort of a long highly intense effort. The test cannot be too short however, or else the effort is influenced by the creatine phosphate system.

The protocol for testing the anaerobic system for most athletes is a 40 to 60 second maximal effort. The maximum amount of lactate generated after such a performance is correlated with the development of the anaerobic system. The importance of this test is two fold. First, the measure of anaerobic capacity helps the coach balance the two systems for optimal performance and, second, the level of the anaerobic capacity affects the reading of the aerobic endurance test.

Interaction of the aerobic and anaerobic systems - Before a coach can make an accurate assessment of the aerobic system he/she must have a measure of the anaerobic system. The reason for this is that a strong anaerobic system will generate much higher levels of lactate than a weak one. Thus, coaches who perform the aerobic test described above will not know how much aerobic capacity a test is measuring unless they also have a measure of the anaerobic system. The anaerobic test is performed on the same day as the aerobic, after a rest period is given, so levels will return to their norm. Two athletes with identical measures on the aerobic test could have very different aerobic capacities because their anaerobic systems are producing different amounts of lactate.

SUMMARY

Perhaps a follow-up regarding actual test design and application is appropriate if there is interest. Let me hear your opinions, let me know if you would like to continue this dialogue as we all get geared up to move back inside to those short pools. E-mail me at shinnpt2@HTC.net.

The goal of the many hours of training is to optimize the two energy systems. When one knows how muscles react during exercise and how the aerobic and anaerobic capacities adapt to training, they will then know what and how to train. This increases training efficiency, while decreasing the risk of over-training and over-use injuries, maximizing precious training time. While this just briefly touches the surface of this topic, I trust the reader is able to understand the importance of finding a union between these two energy systems, which in turn, allows every Master's swimmer to perform at peak performance levels.

**COMPLETE RESULTS FOR SLAM SWIMMERS
AT 2004 LONG COURSE NATIONALS IN SAVANNAH, GA**

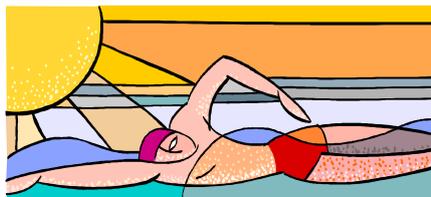
Boyle, Timothy A M (45-49)
1500 Free 22:11.02 8
50 Fly 33.64 16
100 Fly 1:18.03 11

McNamee, Mary A W (35-39)
50 Fly 1:08.05 14
200 Free 4:44.21 17
100 Back 2:09.15 13

McNamee, Sr, Michael B M (60-64)
50 Fly 48.90 13
100 Back 2:00.21 9
200 Breast 5:03.42 13

Petersen, Stephanie O W (40-44)
400 IM 6:16.88 5
200 Breast 3:04.14 2
100 Breast 1:23.00 1
200 IM 2:49.37 6
50 Breast 37.99 1

Congratulations to Mary, Michael, Stephanie and Tim on your performances at LC Nationals! All of SLAM is proud of you for representing us and for raising the bar a little higher.



SLAM Dunk Trivia:

This is our first trivia contest! Winners will receive a \$25.00 gift certificate from B&B Aquatics. All answers must be sent to estrom@pkwy.k12.mo.us by Friday, October 15, 2004. We will draw two winners from the answers received. Please include with your answer your home address so we can mail you your gift certificate. Answers that do not include home addresses will not be included in the drawing. So here we go trivia fans:

Don Schollander won the gold medal in the 400 free at the 1964 Olympic Games. Who won the silver and bronze medals to Schollander?

Send all answers to estrom@pkwy.k12.mo.us by Friday October 15, 2004.

SLAM Dunk Requests your Input:

This is the fourth issue of SLAM Dunk and things have been going well. It is now time to make things better. That can only happen with the help of SLAM members. So below are some ideas that you may entertain.

- 1- A cooking column: we all love to eat and some of us even love to get behind the oven/grill. Recipes of any kind will be welcome.
- 2- Ask the coach column. We have a number of very good coaches in this area with a wide variety of swimming knowledge. Send in your questions about swimming and we'll have a coach give you some advice.
- 3- New writers. If you have some time on your hands to write about all things aquatic then we have space for you. Some new voices are more than welcome.
- 4- Cartoonists or artwork. Hey it's just a thought and we have a few creative people out there who can poke fun at all our chlorinated quirks.

If you are interested in any of the above please contact Erik Strom at estrom@pkwy.k12.mo.us. Please include your name and your practice group. Ideas other than those mentioned above are welcome.

The Lost Issue:

Many of you may recall about ten years ago someone discovered, in some Hollywood back lot, the "lost episodes" of the Honeymooners. The July/August issue of SLAM Dunk was at one point deemed hopelessly lost. The staff had all but given up hope and considered freelancing. As luck would have it the July/August issue has recently been discovered. It was not misplaced in Hollywood or cyberspace. Being the "official summer" issue it was found in St Croix with members of the Rolling Stones and some swim suit models. It's a sordid tale. We did manage to smooth out the edges, blot out the rum satins, shake off the sand and have attached the July/August issue below. The contents reflect the original page numbers of that issue and not the current page numbers. Enjoy reflecting on this summer.



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Warm Up:

Not to sound like Andy Rooney, but did you ever wonder why Long Course Season is so short? By the time we get to swim in a long course pool there are only ten to twelve weeks until Long Course Masters Nationals. It is like the 50 Free...it's over before it starts. Where is the fun in that? Okay so actually getting outside has been pretty fun. From all that I have heard people are swimming pretty well and there are a few of SLAM swimmers getting ready for the Shea Classic in Carbondale and Nationals in Georgia. If short Course Nationals were any indication we should have a good showing in Savannah.

To this point we have been blessed with some really great weather, outdoor training opportunities at several locations and a great open water event (see results are below). Another six weeks of the above would be pretty agreeable with everyone. It makes it a lot easier to get up at 4:30 am when you know the air is warm, the pool is cool, your friends will be there and you have a goal (i.e. burn calories to justify eating pancakes at Uncle Bills'). Enjoy the experience and get ready for some fast meets.

You ever wonder how some times my column just rambles...

See you at the pool,

Erik

RESULTS – 2004 OPEN WATER SWIM

TWO MILE

Swimmer	Age	Team	Time
1. Bruce Hopson	38	TMSL-oz	35:50.00
2. Guy Genin	35	WASH-oz	36:55.00
3. Michele Shinn	36	ROCK-oz	36:57.00
4. Karl Gundersen	34	TMSL-oz	38:10.00
5. Emily Mohl	23	WASH-oz	39:19.00
6. Tim Waid	41	MOVY-mo	39:30.00
7. Walter Denton	34	OEVT-oz	39:42.00
8. Ted Faulhaber	43	ROCK-oz	40:22.00
9. Matthew Mahaffey	26	UNAT-oz	42:12.00
10. Stephanie Hiebert	26	TMSL-oz	47:01.00
11. David Pokorny	36	OEVT-oz	51:27.00
12. Jessica Uecker	26	TMSL-oz	53:30.00
13. Robert Blake	80	FMM-fmm	1:08:43.00
14. Russell Searight	48	OEVT-oz	1:19:50.00
15. Jimmy Pierotti	54	WASH-oz	NS
16. Chris Schdmit	44	OEVT-oz	NS
17. Kevin Toffefson	41	CSP-oz	NS

ONE MILE

1. Lori Payne	44	ROCK-oz	19:30.00
2. Paul Duchild	35	PKWY-oz	19:33.00
3. Li Zou	27	WASH-oz	20:30.00
4. Roxanne Cronin	26	SLAM-oz	22:58.00
5. Lara Bovilsky	30	WASH-oz	23:57.00
6. Brian Yanowski	26	OEVT-oz	24:11.00
7. Laurel Moran	63	SLAM-oz	35:19.00
8. Donna Springer	55	SLAM-oz	40:19.00
9. Robin Robertson	44	OEVT-oz	46:55.00
10. Doris Peters	81	SLAM-oz	NS

WOMEN'S TWO MILE

1. Michele Shinn	36	ROCK-oz	36:57.00
2. Emily Mohl	26	WASH-oz	39:19.00
3. Stephanie Hiebert	26	TMSL-oz	47:01.00
4. Jessica Uecker	26	TMSL-oz	53:30.00

19-24

1. Emily Mohl	26	WASH-oz	39:19.00
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25-29

1. Stephanie Hiebert	26	TMSL-oz	47:01.00
2. Jessica Uecker	26	TMSL-oz	53:30.00

35-39

1. Michele Shinn	36	ROCK-oz	36:57.00
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WOMEN'S ONE-MILE

1. Lori Payne	44	ROCK-oz	19:30.00
2. Li Zou	27	WASH-oz	20:30.00
3. Roxanne Cronin	26	SLAM-oz	22:58.00
4. Lara Bovilsky	30	WASH-oz	23:57.00
5. Laurel Moran	62	SLAM-oz	35:19.00
6. Donna Springer	55	SLAM-oz	40:19.00
7. Robin Robertson	44	OEVT-oz	46:55.00
8. Doris Peters	81	SLAM-oz	NS

25-29

1. Li Zou	27	WASH-oz	20:30.00
2. Roxanne Cronin	26	SLAM-oz	22:58.00

30-34

1. Lara Bovilsky	30	WASH-oz	23:57.00
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40-44

1. Lori Payne	44	ROCK-oz	19:30.00
2. Robin Robertson	44	OEVT-oz	46:55.00

55-59

1. Donna Springer	55	SLAM-oz	40:19.00
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60-64

1. Laurel Moran	62	SLAM-oz	35:19.00
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80-84

1. Doris Peters	81	SLAM-oz	NS
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MEN'S TWO MILE

1. Bruce Hopson	38	TMSL-oz	35:50.00
2. Guy Genin	35	WASH-oz	36:55.00
3. Karl Gundersen	34	TMSL-oz	38:10.00
4. Tim Waid	41	MOVY-mo	39:30.00
5. Walter Denton	34	OEVT-oz	39:42.00
6. Ted Faulhaber	43	ROCK-oz	40:22.00
7. Matthew Mahffey	26	UNAT-oz	42:12.00
8. David Pokorny	36	OEVT-oz	51:27.00
9. Robert Blake	80	FMM-fmm	1:08:43.00
10. Russell Searight	48	OEVT-oz	1:19:50.00
11. Jimmy Pierotti	54	WASH-oz	NS
12. Chris Schdmit	41	44 OEVT-oz	NS
13. Kevin Toffefson	41	CSP-oz	NS

St. Louis Area Masters

AGE GROUP

25-29

1. Matthew Mahaffey 26 UNAT-oz 42:12.00

30-34

1. Karl Gundersen 34 TMSL-oz 38:10.00
2. Walter Denton 34 OEVT-oz 39:42.00

35-39

1. Bruce Hopson 38 TMSL-oz 35:50.00
2. Guy Genin 35 WASH-oz 36:55.00
3. David Pokorny 36 OEVT-oz 51:27.00

40-44

1. Tim Waid 41 MOVY-mo 39:30.00
2. Ted Faulhaber 43 ROCK-oz 40:22.00
3. Chris Schdmit 44 OEVT-oz NS
4. Kevin Toffefson 41 CSP-oz NS

45-49

1. Russell Searight 48 OEVT-oz 1:19:50.00

50-54

1. Jimmy Pierotti 54 WASH-oz NS

80-84

1. Robert Blake 80 FMM-fmm 1:08:43.00

MEN'S ONE MILE

1. Paul Duchild 35 PKWY-oz 19:33.00
2. Brian Yanowski 26 OEVT-oz 24:11.00

AGE GROUP

25-29

1. Brian Yanowski 26 OEVT-oz 24:11.00

35-39

1. Paul Duchild 35 PKWY-oz 19:33.00

TEAM STANDINGS

Team St. Louis (TMSL) 18
Washington U Masters (WASH) 18
One Event Reg. (OEVT) 17
Rockwood Masters (ROCK) 13
St. Louis Area Masters (SLAM) 08
Florida Mavericks (FMM) 05
Missouri Valley Masters (MOVY) 05
Parkway Masters (PKWY) 05
Unattached (UNAT) 05
Clayton Shaw Park Masters (CSP) 00

1st Place = 5 points
2nd Place = 3 points
3rd Place = 1 point

Quotes, thoughts and musings collected by special correspondent Otis B. Driftwood

Do something you hate everyday, just for the practice.
--- John C Maxwell

I count him braver who overcomes his desires than him who conquers his
enemies, for the hardest victory is over self.
---Aristotle, philosopher (384-322 BCE)

It's not how well you do it, but it's the spirit that you do it in.
--- Etta James

Cont. on page 5

Swimmer Profile:

SLAM Dunk wants you to meet Heidi Harris.

SLAM Dunk: How did you get your start in swimming?

Heidi: My mother could not keep me out of the pool when my brothers were practicing (I was 3 1/2 at the time).

SLAM Dunk: What was your first swim meet/experience like?

Heidi: I really can not recall, it was when I was 4, but I remember it being rather traumatic when, after 4 years, I aged up and wasn't an 8& under any more. I also remember the first time I qualified for Jr. Nationals. I swam the best 200 free and only found out afterwards that I had qualified. After that, I swam too many races trying to make a specific cut instead of just having the perfect swim.

SLAM Dunk: How long have you been involved in Masters swimming?

Heidi: Since 1993 after the birth of my second child I decided that I needed to start exercising again.

SLAM Dunk: What is your favorite event/stroke?

Heidi: Anything distance free!

SLAM Dunk: What is your goal as a swimmer?

Heidi: To swim for exercise, because I'm not the least bit competitive. Ha, ha! I always said in college that I would continue to swim as long as it remained fun. All my friends in the pool at 5am still makes it fun.

SLAM Dunk: If you were not a swimmer what sport/activity would you do?

Heidi: I never could stick with anything else, so probably nothing.

SLAM Dunk: What keeps you busy away from the pool?

Heidi: My family. I have a wonderfully supportive husband, my son Luke who also swims and my daughter Erika.

SLAM Dunk: What is your favorite food, TV show or movie, sports team?

Heidi: I eat just about anything, that's why I swim, but I especially like chocolate.

SLAM Dunk Requests your Input:

This is the fourth issue of SLAM Dunk and things have been going well. It is now time to make things better. That can only happen with the help of SLAM members. So below are some ideas that you may entertain.

- 1- A cooking column: we all love to eat and some of us even love to get behind the oven/grill. Recipes of any kind will be welcome.
- 2- Ask the coach column. We have a number of very good coaches in this area with a wide variety of swimming knowledge. Send in your questions about swimming and we'll have a coach give you some advice.
- 3- New writers. If you have some time on your hands to write about all things aquatic then we have space for you. Some new voices are more than welcome.
- 4- Cartoonists or artwork. Hey it's just a thought and we have a few creative people out there who can poke fun at all our chlorinated quirks.

If you are interested in any of the above please contact Erik Strom at estrom@pkwy.k12.mo.us. Please include your name and your practice group. Ideas other than those mentioned above are welcome.

Coaches Profile:

SLAM Dunk Wants you to meet Dave Stevens

SLAM Dunk: How long have you been a coach?

Dave: I coached summers before college, age group teams to help pay for college and then as a professional since 1985-so almost 20 years!

SLAM Dunk: What do you remember about your first group of swimmers/coaching experience?

Dave: I had instant credibility with my first summer team because I had been the star swimmer for several years. Those kids hung on my every word and swam their hearts out like no other group I have coached since.

SLAM Dunk: What is your favorite thing about being a coach?

Dave: My favorite times are when a swimmer who has really earned success finally gets the breakthrough s/he deserves and I get to see the look of satisfaction, accomplishment or even astonishment on their face.

SLAM Dunk: What is your biggest goal/challenge as a coach?

Dave: Today's biggest challenge is getting athletes to commit to long-term development. Nobody wants to put in the work anymore. They want to rent a DVD of their own success and watch all the highlights without ever putting in the effort to develop their skills and fitness.

SLAM Dunk: What was your first meet as a swimmer like?

Dave: I don't really remember my first meet, but I do remember my first ribbon. I got third in the 10 and under 25 breast. I remember being very analytical, even at nine years old, about that swim.

SLAM Dunk: How do you spend your time away from the pool?

Dave: What time away from the pool?

SLAM Dunk: What is your favorite food/movie or TV show and sports team?

Dave: Food-either spaghetti or pizza. Movies- Rudy, Field of Dreams or Hoosiers. Though my favorite line comes from Bull Durham. Kevin Costner is chewing out Tim Robbins for Robbins failure to appreciate or develop his talent. Costner yells "When you were born; God reached down and gave you a thunderbolt for a throwing arm. You've got a million dollar arm and a ten cent head. Me, all my parts together aren't worth 99 cents a pound."

SLAM Dunk: Give us an example of a Dave Stevens swim practice.

Dave: One running gag is that our initial warm-up is almost always 600 yards. No special reason, just a "tradition" to poke fun at. I like patterns that repeat themselves, with progressively faster intervals or swims. We drill and do technique work and then try to swim faster while maintaining stroke skills. For example:

15 X 100

5 on 1:30, 4 on 1:25, 3 on 1:20, 2 on 1:15 and 1 on 1:10

Quotes, thoughts and musings cont.

We are not here merely to make a living. We are here to enrich the world with a finer spirit of hope and achievement---and we impoverish ourselves if we forget the errand.

--- Woodrow Wilson

Someone's sitting in the shade today because someone planted a tree a long time ago.

--- Warren Buffet



Slam fall picnic!

Sunday, October 17, 2004

10:30 a.m. to 1:00 p.m.

Maplewood recreation center pool

7601 Manchester blvd., Maplewood, mo

come and join us for a picnic and a second class picnic at Maplewood!
Come even if you didn't swim or even swim here or there.

Slam will provide the meal and drinks. Those people whose last names begin
with the letter 'a' will bring a dessert, and those whose last names begin with
'z' will bring a side dish/salad.

Bring your spouse. Bring your kids. Bring your whole family. Just bring you!