

## From the Chair – Janet Renner

Aloha All,

Hope you all had a wonderful summer and that you are happy with the quality and quantity of your swimming.

As many of you know our LMSC (local masters swim committee) hosted the 2002 USMS Short Course National Championships in May at the University of Hawaii followed by an open water race at Kaimana Beach. The word is out that our visitors from the mainland and abroad, as well as our local swimmers experienced a wonderful, fun and well run meet. To those of you not familiar with this event, it has been run annually since 1972 and the event this year represented the first time it was held outside of the continental United States. There were over 80 national records set and lots of personal bests too. Hawaii Masters had 108 entries and we won 2 out of 3 divisions: large team combined, large men's team and we took 2nd place in the large women's team category. This marked the largest gathering of Hawaii masters swimmers ever to compete together in one meet. We had a ball and could not have been so successful without the help of our Hawaii Masters coaches: Steve Borowski, Joe Liliakis and our honorary coach Al Minn. Great job Coaches and Mahalo!

Not only was the event a success in the eyes of United States Masters Swimming, but the event netted a profit for our LMSC - which up until the end of the meet we

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## Hawaii Masters Swimming Association Board

<b>Chair</b>	Janet Renner	(808) 573-8656	chair@	hawaiimastersswim.org
<b>Registrar</b>	Jeri Wade	(808) 261-9809	registrar@	
<b>Treasurer</b>	Jerry Stowe	(808) 891-2022	treasurer@	
<b>Top Ten</b>	Jim Mellon	(808) 935-0428	topten@	
<b>Webmaster</b>	Mette Moffet		webmaster@	
<b>Legal Counsel</b>	James Krueger	(808) 244-7444	legal@	
<b>Oahu VP</b>	Diane Stowell	(808) 955-3534	oahu@	
<b>Hawaii VP</b>	Steve Borowski	(808) 334 0083	hawaii@	
<b>Maui VP</b>	Malcolm Cooper	(808) 572-0955	maui@	
<b>Kauai VP</b>	Mavis Aiu	(808) 652 1331	kauai@	

## Hawaii Masters Have Record Nationals in Honolulu

– Jim Mellon

Hawaii swimmers demolished the state short course yards records at Nationals in May. A total of 113 individual records were broken, 59 by men and 54 by women. In addition, 26 (out of 37) relay records were set at the meet.

Leading the record onslaught was BettyAnn Barnett-Sallee. BettyAnn, 56, went 6 for 6 in her individual events, not only breaking Hawaii records but smashing national records in 4 of those events (200 free, 50-100-200 back). She was also the backstroker on the national record-setting medley relay in the 45+ age group, teaming up with Spencer Eldred, Steve Borowski, and Regula Steiger.

Cappy Sheeley, 60, broke the men's 60-64 100 fly national record by over a second with his awesome 1:01.94 swim. Sheeley established 4 other state records. In the 50 breaststroke, Regula Steiger, 50, set a national record and won the event by over 3 seconds. Steiger also broke 3 other state records. The other Hawaii swimmer to set a national record was Diane Stowell in the 65-69 200 breaststroke—an event she won by 25 seconds!

Malcolm Cooper came oh-so-close to a national record in the 45-49 50 backstroke, blazing a 25.64 swim but missing the record by .01. Like Stowell, Cooper made it 6-for-6, setting Hawaii records in all of his events. In the 40-44 age group, June Ford broke 5 state records.

A handful of swimmers set 4 Hawaii records apiece in outstanding swims: Reece Kaya (19-24), Dietrich

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thought would never happen! The net profit was just over \$6000 for our LMSC. Our board is researching how best to use this money to benefit our membership and to sustain our organization. Any suggestions or ideas you have, please do forward them to us at [board@hawaiimastersswim.org](mailto:board@hawaiimastersswim.org). We would really appreciate hearing from you.

I wish I had the space to thank the numerous volunteers who assisted with the event. But the event would not have been possible without their tremendous efforts before, during and after the meet. It truly was awesome. We've included a few photos from the event. Do you even recognize UH Duke Kahanamoku Aquatic Complex from the pictures? It looked terrific! A HUGE MAHALO to each and everyone of our volunteers. We did a fantastic job and our guests will fondly remember the event and especially all the Aloha Spirit.

As you all probably know by now our state has elected a new governor, Linda Lingle. But what not all of you may know is that our new governor is also a masters swimmer and a member of United States Masters Swimming. Her personal commitment to maintaining a lifetime of fitness through swimming is amazing. Throughout her entire campaign, and inspite of the extremely hectic schedule, she maintained her routine of averaging 4 workouts a week of 3000 yards each. I know when the days I face debating on whether to workout or not, undoubtedly the thought comes up that if Linda could do it with all that is on her plate, I surely have no excuse. A huge congratulations on her success and may Hawaii be an even better place with a swimmer at the helm.

A goal of our LMSC is to hold more pool meets in Hawaii. On November 16th Hawaii Preparatory Academy hosted their annual two meets in one day, a masters short course meter meet in the morning and a masters vs. HPA Swimming short course yard meet in the afternoon. Always a lot of fun at these two meets. Also on the November 16th and on the 17th the Oahu Club hosted their long course meet. Lots of swimmers from Japan participated in the meet. This too is

always a lot of fun. Numerous senior meets, which are open to masters swimmers are held at University of Hawaii. For a current schedule of the events contact the Oahu V.P. at [oahu@hawaiimastersswim.org](mailto:oahu@hawaiimastersswim.org)

or more upcoming masters meets in Hawaii we will inform you via email. If you have an upcoming meet and would like us to broadcast it for you, please contact me at [chair@hawaiimastersswim.org](mailto:chair@hawaiimastersswim.org).

Three Hawaii Masters swam at Long Course Nationals in Ohio in August. They are Carla Mauri, Mavis Aiu and Nancy Doran. They had some great swims and a fun time. Their results can be found at <http://www.usms.org>. Congratulations to each of you.

May 15-18, 2003 Short Course Nationals are in Tempe, Arizona. We hope to gather a group from Hawaii to attend the event. Watch the usms web site and Swim Magazine for the entry form, which should be out in the January/February issue. If you are planning to attend, please let me know. The meet is held the same weekend as ASU graduation, so you will want to book your rooms early. Check <http://www.usms.org> for the latest information.

In the meantime, keep swimming, have fun and please do contact us with your ideas.

Swimmingly yours,  
Janet Renner



## 2003 USMS Registration

Registration in USMS provides a subscription to SWIM Magazine and secondary accident insurance. This insurance covers swimmers in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered as well as in USMS sanctioned meets where all competitors are USMS registered. We encourage all of our masters swimmers to complete a registration form annually and pay the \$25 membership fee. Forms are easily obtained on

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## LMSC News & Tidbits

### USMS Offers Online Swimming Workouts

USMS Coaches Committee Chair, Michael Collins, announced that USMS is posting swimming workouts by three different coaches on the USMS Discussions Forum Section of the USMS web site [www.usms.org](http://www.usms.org).

The workouts are posted weekly and include interval training for improvement in technique, speed and endurance. The three workout plans are:

L.A. workouts by Bonnie Adair and Clay Evans  
Southern California Aquatic Master Swim Club, in West Los

Angeles, uses a "one-hour" workout concept and offers 8 to 10 different workouts each day - morning, mid-day, or evening. Workouts vary by "theme" - Distance Free, Mid-distance Free, Quality Free (with a longer distance warm-up), Individual Medley, and Stroke. In the forum, they post five new workouts each week by "borrowing" the best workouts given by their coaching staff. They provide workouts in each theme including some quickie 30-minute workouts. They also include tips on how you can get the most out of each workout.

Out of the box and into the pool - Creative workouts for the

*continued on next page - "LMSC News"*

improving swimmer by Coach Mo Chambers

Mo Chambers coaches Masters swimming at the Cathedral Oaks Athletic Club in Goleta, CA. She has created these workouts to keep you thinking, to challenge you, to perfect your technique and your level of training. Mo was elected as the 1996 USMS Coach of the Year.

Swim practices with purposes by Michael Collins

Follow the same workout plan as the Irvine Novaquatics Master & Triathletes coached by 1990 USMS Coach of the Year and experienced open water swimmer and triathlete, Michael Collins. Emphasis is on stroke mechanics and conditioning to race faster. Workouts are broken into four groups: Advanced, Experienced, Intermediate, and Rookie. Yardage ranges from about 3,500 for the Advanced down to about 1,800 for Rookies. Training is based on preparation for monthly events (swim meets, open water swims and triathlons), but is still excellent for general conditioning and fitness swimmers. Sets include specific instruction on how to swim the set or what to focus on.

**Your Dues at Work**

United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications, information and resources, such as the USMS web site and the USMS National Publication, SWIM Magazine - plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention held in Dallas, September 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and it represents only the USMS portion of membership dues. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. The matter was given careful consideration and the resolution was unanimous. USMS perhaps the best kept secret in adult fitness and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

The 2003 dues is \$25, which reflects the \$5 USMS increase. \$20 of our dues goes to USMS and \$5 goes to our LMSC to support local communications and programs, such as the newsletter, the hawaiiastersswim.org web site, and continued expansion of our services to our membership.



Lawrence (35-39), and Mavis Aiu (45-49). Setting 3 records each were Alexander Dailey and Jeffrey Stanford (25-29); Tom Lileikis and Sheri Lehmer (35-39); Spencer Eldred, Patti Kimball, and Marie Wagner (45-49); Steve Borowski and Mark Mader (50-54); Bob Momsen and Archie Hapai (55-59); Ernie Leskovitz (65-69); and Beth Blichfeldt (75-79).

Devonee Lecompte (19-24), Gail Kaaialii (35-39), Chris Woo and Nancy Duran (40-44), Rick Heltzel (45-49), Felix Gmuender (50-54), Sui-lan Ellsworth (55-59) and Bruce Clark (60-64) established 2 state records each.

Setting one record apiece were James Wee (30-34); Jim Mellon and Cheryl Henry (35-39); Jocelyn Demirbag, Jeaneen Heldt, Esther Iseppi, Kathy Shipman, and Jennifer Wiseman (40-44); Jeff Devins and Laurie Foster (45-49); Bruce Sloan and Jane Dierenfield (50-54); Milton Ackerman, Jim Budde, and Roger Cundall (55-59); and Carla Mauri (60-64).

The 2001-2002 Top Ten short course yards times are now available on the USMS web site (usms.org). The Hawaii records are updated on our website at <http://www.hawaiimastersswim.org>



## Record Setting BettyAnn Barnett-Sallee and others

– Jim Mellon

BettyAnn Barnett-Sallee has had an amazing year so far. In March at the FINA World Masters Championships in Christchurch, New Zealand, BettyAnn set 3 world records in the 55-59 age group. She swam a 35.55 50 meter back (long course), 1:17.51 100 back, and 2:51.07 200 back, the latter obliterating the world record by over 5 seconds. Though she placed 2<sup>nd</sup> in the 200 IM, her time of 3:01.54 set a US national record. BettyAnn also took 1<sup>st</sup> place in the 400 free, establishing a Hawaii LMSC record.

Also in New Zealand, Roger Cundall had an outstanding meet. He won both the 55-59 100 and 200 free in 1:02.32 and 2:19.52. He took home bronze medals in the 800 free and 200 IM, and finished 4<sup>th</sup> in the 400 free. All but the 100 free and 200 IM broke Hawaii records.

At the Senior Olympics at UH in November, BettyAnn swam her way to new Hawaii records in the 50 yard free, 50 yard fly and 200 yard IM. Brett Phillips broke 3 of his own state records at the same meet in the 50 free, 50 and 100 fly. A week later, Barnett-Sallee smashed a few more records, this time in a short course meters meet held on the Big Island. Her 100 back time of 1:19.20 broke the world

continued on next page - "Barnett-Sallee"

record, while her 50 back (36.07) and 100 free (1:10.58) set US national records (records pending verification).

A slew of other swimmers established new Hawaii LMSC short course meters records at the Big Island meet. Brett Phillips, 40-44, set 7 new standards. Big Islanders Christine Winn (35-39) broke 5 records, Sheri Lehmer (30-34) broke 4, Ruth Manfredi (75-79) 3, Patti Kimball (45-49), Jim Budde (55-59), and Mo Mathews (70-74) 2 each. Breaking one record each were Jim Wee (30-34), Mark Noetzel (35-39), Derek Monell (40-44), Steve Borowski and Bob Momsen (50-54), and Roger Cundall (55-59). Swimming short course yards in a dual meet against HPA after the meters meet saw Christine Winn (100 breast) and Bob Momsen (500 free) also set state records.

In February at the Maui Masters Fun Meet, Malcolm Cooper (45-49) smashed Bruce Clark's 100 yard back record with a time of 59.33. Six new state records were broken at the Kailua Masters meet in March, led by Beth Blichfeldt. Swimming in the 75-79 age group, Blichfeldt set new records in the 50, 100 and 200 meter (long course) breast, breaking Pearl Miller's 1977 200 breast record by almost a minute and a half. Blichfeldt later broke her own record in the 100 meter breast by 5 seconds at the Aloha State Games in July, the only state record set at the meet.

Cappy Sheeley (60-64) swam an outstanding 32.57 50 meter fly at the Kailua Masters meet, breaking Peter Powlison's 1982 record (33.99). At 41, Jeanen Heldt smashed the 40-44 800 meter free record with a 12:01.06 swim, while the Kailua Masters team of Fernanda Calderon, Ingrid Nystrom, Daniela Stake, and Kim Schauman established a new standard in the 120+ 400 meter free relay.

At the USMS Long Course Nationals in Cleveland in August, Mavis Aiu (45-49) established new Hawaii records in 4 events (50-100-200 back and 1500 free), while Nancy Duran (40-44) broke Theresa Villa's records in the 50-100 free with blazing times of 29.34 and 1:04.49, both good for 3<sup>rd</sup> place.



#### **HMSA NEWSLETTER BY WEB**

To reduce costs, save paper, and to give you nice color newsletter to boot, with this edition of the HMSA Newsletter, we are trying to distribute over the Internet. We will be sending out an email to any 2001 or 2002 registered swimmers who have given us an email address. Paper copies will be mailed to those that don't. If you have email and would prefer to download & view with Adobe Acrobat - give us your email address. If you know someone who didn't/couldn't get, contact Janet Renner.

## **Thanks! You Shoulda Been There!**

—Lollie Groth

I had a blast at Nationals. It WAS a totally insane thing to do. I mean these people are really serious. One woman came up to Janet Renner, Gu in hand, asking, "when will the women's 50 free begin because I plan to take this EXACTLY 15 minutes before my race..."

I, on the other hand, tended to relate to the 75 plus crowd, the little old ladies who said, "honey, can you help me get up on the block, my balance is a little off." These women were phenomenal. And they looked great in their speedos—even if they were a little tipsy. (Want to all meet in 25 years at Nationals?!)

I only wish more of you girls had been there, so I would have had cohorts. I ended up timing most of the meet, which was great because I met so many fun people and had the opportunity to see a number of terrific swimmers: Karlyn Pipes-Neilson; Maui's Kathy Shipman, Malcolm Cooper and Jennifer Wiseman; Ron Karnaugh; Jeff Farrell, and Graham Johnston. Plus my timing partner was a 21 year-old Marine from Kaneohe, volunteering so to get off the base and chat up girls. He was a kick.

I met my goal—to swim a 50 under 40 seconds, which a couple months ago seemed like no small feat! In fact, I did better than imagined, but never having raced in a meet before, I didn't know what to imagine. The women's medley relay I swam in came in 7<sup>th</sup>, and in the free relay, we came in 9<sup>th</sup>. Carla Mauri of Makawao Library was on my team. They had me down for butterfly (!?) so I talked her into swimming it (thank god), which she did beautifully. (BTW, Carla had a great meet, placing first in the 50 free and 3rd in the 50 butterfly) We actually got medals; I've been sleeping in mine every night...

Okay, so let me brag a little about my times. The 50 free I came in 15<sup>th</sup>, in 34.98, and the 100 free, 13<sup>th</sup> in 1:18.74. Of course, I feel I could not have done this without your encouragement, coaching, humor, and a large dose of on my part. Many thanks are due.

Thank you Toni for turning me onto intervals (intervals, descending?!), for timing me, and for great workouts in general, and thanks to Foster and Jay, my long course swimming companions. Thank you Kim and Christine for making me keep up with you—you girls rock! Thank you Patti and Janet for getting me back in the ocean with the pink cap crew. Thank you Pam for your friendship and wry sense of humor, for reminding me that I was doing this for fun. Thank you Jim for directions to Liliha Bakery—do you think they might want to sponsor us? Thank you Courtney for the coaching, and the yummy bag of power bars you sent along—I bogarted the Bio-chem Ultimate Chocolate Dream Protein Bars—I credit my relative speed to that and Starbuck's coffee. Amy and Janet, you two are AWESOME; I am so glad you didn't let the fact that you had never put on a swim meet before stop you from putting on the most fun Nationals I've ever attended. Okay, so I've only attended ONE, but everyone I talked to said there was so much aloha at this meet, and it's true, there was. And finally, Thank you Malcolm for showing me how to dive off a block and for never making fun of my "somersault flip turn," and for encouraging me to go; I had such a fun time. I love you all,



—Lollie

## Masters Clubs of Hawaii

<b>Hilo Aquatic Club:</b> 969-3937 Kawamoto Swimming Pool	Jon Hayashida <a href="mailto:jhayashi@hei.com">jhayashi@hei.com</a> M/W/F 5:30-6:45am	<b>Humu Masters Swim Team:</b> Al 261-5143 June 262-7496 Kailua District Park Pool	Albert Minn  M-F 5-7pm T-Th 7-9pm
<b>Kailua Masters:</b> 375-7357 Kailua District Park Pool	Mette Moffett <a href="mailto:vp@kailuamasters.org">vp@kailuamasters.org</a> M-W-Th 7-8:15pm	<b>Kona Aquatics:</b> 327-2172 Kona Comm Aquatic Center ocean swim Kailua pier Sat 8am	Steve Borowski <a href="mailto:swim@kona.net">swim@kona.net</a> M/F 6:15-7:30am W 6-7:15pm
<b>Maui Masters Swim Club:</b> 572-0177 War Memorial/Sakamoto Pool Pukalani Pool	Doug Rice <a href="mailto:doug@shaka.com">doug@shaka.com</a> M-W 6:45-8:15pm T/Th 6-7:30pm Sat 7:30-9am	<b>Mokihana Aquatics:</b> 821-0587	Orlando Anaya <a href="mailto:aaaaaa@hawaiian.net">aaaaaa@hawaiian.net</a>
<b>Oahu Club Masters Team:</b> 395-3300 Oahu Club	Robin Flanagan <a href="mailto:flan6@aol.com">flan6@aol.com</a> M-F 12-1pm M/W/F 6:30-7:30pm	<b>Kona Dolphins Swim Club:</b> 322-3655 Kona Comm. Aquatic Center	Michael Sheeler <a href="mailto:michael@ilhawaii.net">michael@ilhawaii.net</a> T/Th 6:15-8:15am
<b>University of Hawaii Masters:</b> Joe 395-7433 Amy 956-7510 UH-Duke Kahanamoku Aquatic Complex	Joe Leleikis/ Amy Patz <a href="mailto:patz@hawaii.edu">patz@hawaii.edu</a> M-F 5:30-7am M-F 6:00-7:15pm M-Th 7:15-8:30pm	<b>Valley Isle Masters Swimmers:</b> 573-8656 Kihei Aquatic Center  Lahaina Aquatic Center  Pukalani Pool	Janet Renner <a href="mailto:jkrenner@earthlink.net">jkrenner@earthlink.net</a> T/Th 6-7:30am M/W/F 5:45-7:00pm M/W/F 6:00-7:30am T/Th 6:30-8pm M/W/F 5:45-7:15am
<b>Hawaii Masters:</b> Club for State team - no organized workouts			

### 18th Annual Maui Roughwater Swim

-Janet Renner

The 1.7 Mile Maui Roughwater Swim was held on September 29<sup>th</sup> in Wailea. The scenic point-to-point swim, which passes Wailea's major resorts and finishes on Polo Beach fronting the Kealani Hotel, again benefitted a local non-profit youth organization called "Teens on Call". The swimmers were treated to marginal wind and sea conditions, which resulted in slightly slower times than usual.

Hawaii's own National Masters Champion, Malcolm Cooper won the event in a time of :44.51, just 10 seconds ahead of fellow masters swimmer, Spencer Eldred. Third place overall, and first female swimmer was 15 year old Ciara Ganter of Lahaina in a time of :48.15. Ciara was followed by Maui Masters Swim Club coach, Courtney Mather just 8 seconds behind Ciara.

The event also hosted a contingency from Oahu including Pete Schlegel, Linda Kaiser, Barbara Germann, Henry Kapu and Garrett Costello. Next years race is slated for Sunday, September 28th. For race results visit <http://www.mastersswimmaui.org>, and for race photos visit <http://www.tropicallight.com>

#### Online Workouts Available from USMS Discussion Forum

Need some help coming up with good workouts? See what some other coaches give their swimmers.

<http://forums.usms.org/forumdisplay.php?s=&forumid=95>

### Hawaii Swimming Hall of Fame

From: Carl Kawauchi

Subject: 1st Annual SHOF Induction **Banquet**

Date: November 23, 2002 (Saturday)

Time: 6:00 - 9:00 PM

Place: Elks Club 2nd Floor Banquet Hall

Tickets: \$35.00 including \$5 raffle ticket for door prizes

Hawaii Swimming Hall of Fame has finally started. I'm on the Advisory Board for Channel and Ocean Swimming. This 1st induction banquet will induct 20 swimmers posthumously (from Duke Kahanamoku to recently departed Olympians), 10 swimming (Bill Smith, Ford Konno, Yoshi Oyakawa, other Olympic medallists and Olympians), 2 diving, 2 water polo, 2 masters swimming, 2 channel and ocean swimming, 2 coaches.

For channel and ocean swimming, Keo Nakama and Harry Huffaker will be inducted as charter members. Banquet is open to all. This will be a great event as this will probably be the only time all these Hawaii swimming legends will be together in one place as many are old, on the mainland, etc. Please call me at 838-8867 (wk) or 487-1496 (h) if you're interested in going.

## Masters Coaches,

Looking for some ideas to **improve your Masters program**? Download the Club Development Manual (PDF format) from the USMS site. Go to <http://www.usms.org/coach/> and click on the Club Development tab on the right sidebar to download the PDF file. The Manual is an outstanding resource for clubs looking to improve the quality of their program.

### Convert Your Times Easily

Want to convert any of your times from Short Course to Long Course and vice versa check out this neat site to do so <http://www.swiminfo.com/results/conversions.asp>

### Technical Change to Conform with USA-Swimming Change

USMS has adopted a change to the rules of competition based upon changes made by USA Swimming on June 1, 2002. The change was made to the Backstroke start rules. Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given. However, the swimmer is NOT allowed to place their toes or feet in or on the gutter during or after the start. Thus the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal. These changes are effective June 1, 2002.

## Benefits of 2003 Hawaii Masters Swimming Association Membership

- The opportunity to meet and train with coaches and other swimmers.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to SWIM Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.
- The Hawaii Masters Swimming Association Biannual Newsletter.
- The right to participate in any USMS sanctioned postal, pool, open water event or clinic.
- Liability Insurance for your club and meet sponsors.
- Secondary accident Insurance.
- Borrowing privileges from the USMS video tape and book library.
- Information from Hawaii Masters Swimming Association to answer any of your swimming questions.

## Betty Ann Barnett takes "Aloha" Award

As busy as we all were during and after nationals, Betty Ann heard about a couple from Oregon Masters having arranged to have a small wedding at the toilet bowl Saturday afternoon after the open water race. Well apparently foul weather ensued and Betty Ann found out about their predicament and arranged for the wedding to be held at her property. The wedding went off without a glitch and the happy couples "wedding video" began with "the arrival of the groom - as he's exiting the water of that mornings open water race at Kaimana Beach, followed by "the arrival of the bestman", "the arrival of the bride", "the arrival of the maid of honor" ....Betty Ann's aloha topped off an incredible trip to Hawaii for the Oregon Masters. Mahalo Betty Ann

## Your Chair speaks at convention

The annual American Swim Coaches Association (ASCA) World Clinic just held in Las Vegas Sept. 3-8th featured for the very first time a masters track which included 9 topics offered by USMS. The masters track at this convention represented one of the most profound steps for masters swimming in relation to the rest of the swimming world. This represents for masters swimming greater acceptance and acknowledgement of the importance of involvement in the sport.

The convention offers an incredible opportunity for swim coaches around the world to come together and hear from our countries foremost authorities on swimming. Topics represent the latest information and ideas on topics such as coaching, training, technique, and sports medicine as it

applies to swimming. It also offers coaches an opportunity to begin and/or further their ASCA certification levels by taking part in the various courses available.

Our own chair, Janet Renner, co-presented with Dr. Jim Miller, President of USMS on "Hosting USMS Camps and Clinics for Income, Growth and Momentum". Janet was asked in January to lead off the 1 hour presentation and speak on the USMS US Olympic Training Center High Altitude Training Camp held 5 times over the past 4 years in Colorado Springs. Janet has been a coach at the camp for the past 3 years.

The convention for USMS was a great success. USMS looks forward to next years ASCA convention and even greater attendance by USMS coaches. USMS offered scholarships for masters coaches to attend this years convention, and hopefully they will continue with this tradition. For more information please visit <http://www.usms.org>



... means more than resolving problems, these gals did every-thing and more throughout the entire meet. Pat Wiencke and Karen Blake.

## 2003 USMS Registration - cont'd from page 2

our website: [www.hawaiimastersswim.org](http://www.hawaiimastersswim.org), from your masters coaching staff, as well as from the form attached to this newsletter.

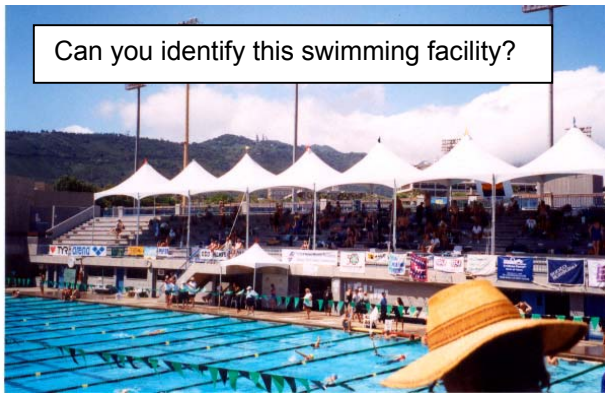
Please make sure that the form is completely and clearly filled out and that it is signed.

This year our USMS registration numbers are changing. We are incorporating a permanent ID as part of the number that contains both letters and numbers. This will help USMS to track each swimmer throughout his/her (hopefully long) Masters swimming career.

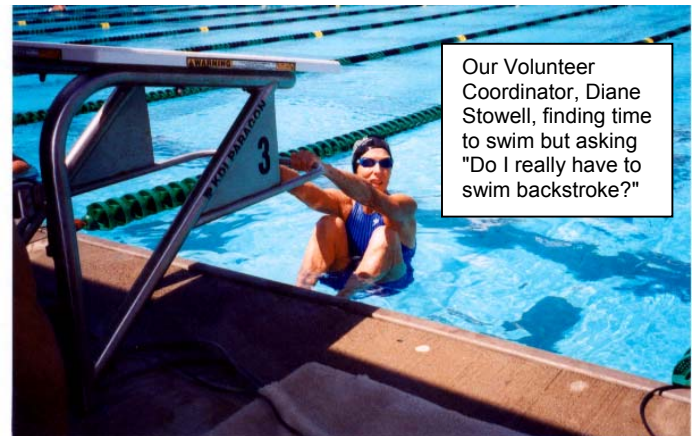
Please complete your 2003 registration form and mail it in today.  
-Jeri Wade



Our souvenir sales team of Jerry and Bonnie Stowe sold double of what we anticipated - Go Team Go!



Can you identify this swimming facility?



Our Volunteer Coordinator, Diane Stowell, finding time to swim but asking "Do I really have to swim backstroke?"



Group photo of some of the 108 Hawaii Masters swimmers who competed at 02 SC Nationals



**HAWAII MASTERS SWIMMING ASSN.**  
**2003 Membership Application**

- RENEWAL  
 My current USMS No.: \_\_\_\_\_  
 NEW REGISTRATION

YOU MUST PAY FEE OF \$25  
 (Fee allocation: USMS = \$12,  
 HMSA = \$5, SWIM magazine = \$8)

SEP/OCT 2003 FEE = \$20  
 (end of year fee)  
 Membership expires 12/31/03

Make check payable to and mail to:  
 HAWAII MASTERS SWIMMING ASSN.  
 c/o Jeri Wade  
 820 Alahaki St.  
 Kailua, HI 96734-3838

(808) 261-9809  
 registrar@hawaiimastersswim.org

**ONE YEAR MEMBERSHIP APPLICATION**

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No	
Date of Birth		Age	Sex	Today's Date	
Mo	Day	Yr		Mo	Day
Club or Unattached			E-mail Address		

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.

Signature \_\_\_\_\_

- If you coach Masters Swimmers, please check here
- I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the United States Masters Swimming Foundation.
- I wish to contribute \$1.00 (or \$ \_\_\_\_\_) to the International Swimming Hall of Fame Foundation.
- I have added these amounts to my 2003 registration fees

USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Do not use after 10/31/03

**For current registration forms contact our registrar Jeri Wade**



Hawaii Masters Swimming  
 P.O. Box 424  
 Puunene, HI 96784

PLACE STAMP  
 HERE. THE POST  
 OFFICE WILL NOT  
 DELIVER MAIL  
 WITHOUT POSTAGE

ADDRESS CORRECTION REQUESTED



Can you identify this swimming facility?

Mailing Address  
 Street Number and Name  
 City, State 98765-4321