

WELCOME TO OLNEY'S COACH STAN TINKHAM

If you swim at the Olney Indoor Pool, you need no introduction to Stan. If not - meet Stan Tinkham. A lane line runs right through Stan's psyche. From his youth, as an All-American Swim Team member, through his coaching of masters and age-group swimmers, Olympics and Pan American Games swimmers, and to us at Olney. We are now the lucky beneficiaries of his dedication and passion for the sport.

Stan's workouts use plenty of pool toys, such as kick boards, leg bands, and even a lap timer for repeats on the minute. And we are all glad that one Olney swimmer, recently had a baby and received a video camera from her folks... because Stan used her camera to film and stroke critique all of us.

There are even odd (hat) cerebral moments when Stan asks us to "get outside of our pain and pleasure centers" by, for example, "think of eating a lemon" while sprinting. We might not always follow his line, but five of his swimmers once did, and they ended up in the Olympic lanes.

ALBATROSS OPEN '95 - A BIG SUCCESS!!!!

On Saturday, March 25th, the Ancient Mariners sponsored their 3rd annual Albatross Open. This year the meet was held at the Olney Swim Center. Twenty-eight Ancient Mariners attended the initial planning meeting and the chairpersons of the committees listed below did a fabulous job seeing the plans through.

After Meet Party - Lisa Berger
Awards - Clay Britt and Barbara Clifford

Computer Support - Richard Rostant
Registration - Greg Wortman

Congratulations to our Chairpersons! Most of you dutifully overspent your meager budgets and drove your beloved Meet Director, Tom Denes, bonkers. Nonetheless, the Albatross Open yielded a \$1,100 profit. IRS spies take note... our intrepid Treasurer has already filed our club as non-profit.

Thanks to all of the volunteers who made the meet happen. A special thanks to Brian and Kim Crilly for welcoming all of the 130 partying swim enthusiasts into their new home with the white carpet and white furniture at the end of the quiet little cul-de-sac. Of course, our sincere thanks to Tom Denes, the Meet Director. Thanks for all of the many hours that he spent planning to have the best Master's meet.

RESULTS OF THE MEET SURVEY

And now for a totally unbiased opinion of the meet; "It was the best local Masters meet I ever attended" said Clay Britt, Chairman of the Beer Committee (did I forget to mention that?). Apres swim questionnaires were completed by 41 swimmers. Here's the good news: you liked the new pool, the evening meet format, the brevity of the meet, and the T-shirts. Surprisingly, there were no bumper comments about the meet from the survey respondents (all the news that's fit to print, right?).

ANCIENT MARINER ALL-AMERICANS

The names of several Ancient Mariners appeared in *Swim Magazine* as USMS All-Americans! To become an All-American one must either win a National Championship or be the fastest swimmer in the country in an event. Our heros are: Coach Clay Britt, Eunice Ching, Marshall Greer, and Jeff Roddin. Jason Crist and Nick Nevid (has anyone actually met this guy?) were also named as Relay All-Americans.

NEWS FLASH

MONTGOMERY ANCIENT MARINERS PLACE 3RD IN NATION ...

*** National Short Course in Fort Lauderdale, FL * May 18-22, 1995 ***

Yes, its true. The Ancient Mariners captured third in the men's small team division over 91 other clubs! The combined team finished 13th out of 117 clubs. Not a bad showing!

Individually, Coach Clay captured two 1st places in the 50 and 100 backstrokes. Clay also took two 2nds and a 4th. Clay's finest swim was a 50.51 in winning the 100 backstroke.

Jeri Ramsbottom led the women's team with three 2nds and a 3rd. Jeri almost broke a minute in the 100 back finishing with a 1:00.91.

Jerry Benson had an outstanding meet as well. He took three 2nds, breaking the two minute mark in the 200 back (1:59.82).

Jeff Roddin shined as well. Facing stiff competition, he captured one 3rd, two 4th and two 5th place medals. Jeff swam a fine 50 fly (23.60) almost nipping Coach Clay (23.41). The elusive 50 second barrier in the 100 fly awaits another year.

CJ Lockman also had a good meet. CJ almost canceled her trip because a series of illnesses which caused her to miss training. She swam a fine 100 fly (1:02.92) for 7th. She also swam a strong 500 free (5:42.49).

Mickey Hall's first Master's Nationals was a success. Mickey captured a 9th in the 200 fly (2:02.92) and a 10th in the 400 I.M. (4:30.23).

Barbara Clifford jetted in for a couple of days. She swam fine times in the 50 fly (31.63) and 200 back (2:32.10) and finished 14th in the 50 back (32.11).

Nick Olmos-Lau gained personal bests in all of his events. He almost broke three minutes in the 200 breast, finishing 19th with a 3:00.77. Nick also placed 18th in the 1000.

Marshall Greer experienced a "conflicted" weekend but managed to lead off the mixed medley relay with a 31.98 backstroke leg.

Renate Fischetti, a former Ancient Mariner who trains with us at the MAC, also participated in Nationals. She finished 15th in the 50 breast with a 49.99.

Tom Denes parted with his dear friend of 20 years, but came up short of placing in the 200 fly. He finished 11th with a 2:13.84.

Several Ancient Mariner relays also placed. The men's 200 medley relay placed 4th (1:40.84) and the men's 200 freestyle relay finished 7th (1:30.88). The mixed free relay team placed 10th (1:37.80).

It was also good seeing former Ancient Mariner, Nancy Surdoval. Back in fine form after a one year layoff, she captured 7th in the 50 backstroke (33.48).

Several Ancient Mariners stayed over an extra day to swim in the 3.5 mile ocean swim (fools). Participating were Mary Ellen Mess, Nick Olmos-Lau, Jeff Roddin, CJ Lockman, and Mickey Hall. Jeff and Mickey finished 2nd and 3rd in their age groups.

THE GREAT CHESAPEAKE BAY SWIM

Congratulations to the Ancient Mariners who swam the Bay on June 11th, 1995. Some 15 Ancient Mariners entered the water. About 50 swimmers did not complete the swim, but we are happy to report that all Ancient Mariners finished. One of our swimmers commented that the water was rougher than the previous two years as there were larger swells, heavier chop, and some pretty cold spots mixed in there.

ANCIENT MARINERS APPEAR IN TOP TEN

Several Ancient Mariners appeared in the recently released long course and short course meters top ten rankings. Appearing in the long course top ten were Carole Kammel, Jeff Roddin, Clay Britt and Marshall Greer. Appearing in the short course meters top ten were Cindy Liu, Brett Northrup, Eunice Ching, CJ Lockman, Margot Pettijohn, Jeff Roddin, Jason Crist, Clay Britt, Tom Denes, and Marshall Greer.

2nd ANNUAL POTOMAC RIVER SWIM - For the Environment

In 1993 Joe Stewart, a Baltimore attorney, then aged 44, swam 7.5 miles to cross the Potomac River by himself. In 60 degree water. He raised \$1,300 for river conservation groups. In 1994 he did it again and signed-up 10 open water enthusiasts swimmers to join him. Each swimmer was accompanied by a Boston Whaler and a kayaker. This year the Washington Post covered the June 6th crossing and noted that 11 men entered the swim. One Ancient Mariner sent in her application in January 1995 was rejected as the race was already filled - so if you are looking towards 1996, apply VERY early.

FROM THE NET...

People keep talkin' about my butterfly
Say I'm doin' it wrong
But don't you worry, no don't worry now coach,
Cause my times are right there right there where they belong

Cause I'm a kicker, I'm a lifter
I'm a runner, and I'm a swimmer
I do breaststroke just for fun
I'm a joker, a backstroker,
A banana-lane smoker
I sure don't wanna put the pool covers on

I got the worst stroke that your ever did see
I really leave a big wake, you can draft off me
Water polo, water polo, water polo all the time
Let me taper, an' I'll do a best time

Cause I'm a kicker, I'm a lifter,
I'm a runner, and I'm a swimmer
I swim long-course in the sun
I'm a joker, a backstroker,
I'm a lane-eight smoker
I sure do wish the set was done.

*by Robert Powers of the Ever-Changing.sig
repowers@artsci.wustl.edu*

(as spotted by net surfer and MAC swimmer, Jeff Roddin)

BOARD MEETING AND BRUNCH

The Ancient Mariners held a board meeting on June 4, 1995. The agenda was served along with brunch at the home of Kathleen Costello & Greg Wortman. About half of the board members attended along with a dozen team members.

We discussed how to reduce the cost of sponsoring the Albatross Open in 1996 and how to spend the profits of this year's Albatross Open. Ideas for spending money included purchasing:

- * 40 kickboards for the use of the MAC swimmers
- * 26 stopwatches and/or a starting pistol for future meets
- * some lighting equipment for the Bethesda pool's outdoor pace clock
- * a team banner for display at meets
- * a Premier Swim Clinic presentation at the MAC for Ancient Mariners

Several positions on the Board of Directors are being vacated and nominations were taken. Lisa Berger was nominated for the position of Secretary. Natalie Ferrell was nominated to a one year term as Editor of the newsletter. Natalie is moving next year and will produce the newsletter until she moves. The Treasurer's slot is vacant. If you are interested, please contact Tom Denes (hey it looks great on a resume). The Board will meet in the fall to hold elections for those nominated. The current member of the Board are:

Tom Denes, President * Jeff Roddin, Co-Vice President * Jill Roddin, Co-Vice President
Pat Bowditch, Treasurer * Heidi Yacker, Secretary * Kathleen Costello, Editor
Dave Harmon, Recordkeeper * Clay Britt, Stan Tinkham, Jeff Kostoff, Coaches

MORE FROM THE NET

Those of you who swam at the MAC in 1993 may remember Eitan Friedman. No? For those with shorter memories you may remember our last newsletter (now that is going pretty far back) mentioned that Eitan swam the English Channel. Well, Jeff Roddin caught Eitan surfing the net and here was Eitan's reply....

"Of course I remember you, Jeff. I strained by butt and could NEVER keep up with you!!! I am glad to hear that the Ancient Mariners are still alive and kicking, and that at least some of my legacies are still around, like the (the message was too garbled at this point to decipher)... Please, send my best to all the Swimmers who still remember and kiss all the ...(garbled)... I hope to come and see you all some time in the near future. My home address, in case anyone plans to come and see Israel, is Eitan Friedman, 22 Bavli Street, Apt. #29, Tel-Aviv, Israel 92617 Tel 972-3-6050162 FAX 972-3-546-2139. Have a great summer and have at least one beer for me - Eitan."

MORE YARDAGE

Alan Pollin, who swims at the MAC, recently placed first in a field of over 35 entrants in the one hour swim hosted by the Bethesda YMCA. Alan completed 3,900 zillion yards. Way to go!

WASH. POST. FEB 95

This excerpt.. " Mayor Larry Langford has banned skimpy swimsuits - both men's and women's - from the \$680,000 indoor municipal swimming pool scheduled to open in March in Fairfield, Ala., a suburb of Birmingham, "We will have no tops coming off in that pool," Langford said. And no one under 30 will be allowed to use the hot tub.

SWIM CLINICS

Terrapin Masters Swim Clinics Contact: Cheryl Wagner 202/387-2361

Terrapin Masters recently concluded 5 mini-clinics on swim strokes, diet, weight training, and injury prevention. The sessions, each lasting a couple of hours, were held at the University of Maryland pool over several Saturdays. Each session cost \$5.00. They are planning to offer another series, TBA.

Premier Swim, Inc. Contact: Clay Britt 301/231-9740 or 301/299-8560

Why take a clinic from your Coach? Because swim practice with 50 swimmers in the pool is not a conducive environment to teach intensive individualized strokework. Michele Chestnut, a MAC swimmer who competes in Biathlons, recently attended a clinic. Michele found the underwater video taping of her strokes very interesting. She learned that she had to increase her body roll to improve her swimming. She reports that her backstroke has improved because of the training she received at the clinic. This clinic is affordable and convenient. It is taught by accomplished swimmers who are actively competing today. Their instruction is the most up-to-date material on stroke techniques. Clinics TBA this fall.

Total Immersion Adult Swim Camps Contact: Terry Laughlin 1/800/609-SWIM

Terry writes about his training techniques in a regular column in Swim Magazine. Several MAC swimmer's have attended one or more of Terry's clinics during the past seven years that he has been offering them. The clinics are held across the country and are advertised in the magazine. Terry has a very defined set of techniques and exercises that he energetically promotes during his clinics. Swimmer's report that the underwater video critiques are great. The clinics are held in two formats, a 2-day weekend workshop or a one week swim camp. After the clinic you will receive his newsletter, Memory Laps.

Jack Nelson Swim Camp by *Renate Fischetti* (MAC swimmer)

Can old dogs learn new tricks? I was trying to beat the odds when a few years ago I decided to learn freestyle, backstroke, and butterfly (breaststroke I had learned as a child in Europe). I need all the help I could get and started attending various clinics and camps. As a matter of fact, it was through one of the Premier Swim Clinic sessions that I first met Clay. When I heard he was coaching the Mariners, I decided to join you all. I learnt a lot from Clay, the two Jeffs, and Patrick (the clinics this year were particularly useful because we were filmed at each session: playing back the tape in slow motion is the best way to analyze your mistakes). I also attended Terry Laughlin's clinic last summer. And I went to Jack Nelson's Swim Camp in January which is what I want to tell you about.

Jack Nelson is a living legend in U.S. Swimming. He is a former Olympian and the coach of many world-class swimmers (currently he coaches Seth van Neerden, Brian Alderman, and Raimundas Mazuolis). Jack is the head coach of the Fort Lauderdale Swim Team (FST) which makes its home in the beautiful swimming complex at the Hall of Fame, the site of this year's Masters Nationals. The Jack Nelson Swim Camp is now being run by Nick Baker, a former Canadian Olympic Coach and the author of the recently published book, 101 Winning Ways. His assistant is fellow Canadian Lois Daignault, a former All American from the Univ. of Miami. Both Nick and Lois are very friendly and communicative. They are very professional and have the support of the staff of the FST.

The three days of camp were divided into two or three sessions a day in the water and one or two classroom sessions. Before each workout, we had to stretch (you may have seen me use the stretch cord which I brought from the Camp). We had our strokes evaluated and we were told how to correct mistakes. We were also videotaped, and our tapes were analyzed. Lois was very patient and helpful in suggesting drills and techniques for stroke improvement. She also taught us the racing start. And she introduced us to nutrition and weight training. I learned a lot in the three days, but I realized I had a long way to go. So I will be back at Jack Nelson's Swim Camp, at the Premier Swim Clinic, and at the Terrapin's Clinic. It really helps. Eventually, old dogs do learn new tricks. It just takes them a little longer.

KUDOS, TIDBITS, ETC.

- HOWDY** to Nancy Surdoval, a relocated Ancient Mariner, who recently visited us at the MAC a couple of months ago
- HEY BABY!** Denise Lewis, another relocated Ancient Mariner, and her husband, Ken, had their first. "Matthew Harry" was born April 16, 1995. The Lewis Family's address is 7903 Glendarion Drive, Durham, NC 27713. Tel (919) 403-8280 (P.S. - Denise, recently received her Ph.D.)
- IRON MAN** Congratulations to Brian Davis who qualified for the Iron Man Triathlon in Hawaii by finishing 5th in his age group at the St. Anthony's Triathlon.
- PAIN, NO GAIN** Clay Britt recently placed fourth in his age group in the Mid-Atlantic Sprints, an ergometer competition. (Ergometers are those strange torture devices that simulate the pain of rowing but none of its pleasures).
- CONGRATS** to Carole Kammel for just passing the bar exam.
- TEAMWARE** By now you may have seen the bright yellow Ancient Mariner's team T-shirt and matching swim cap which were designed by our own talented Barbara Clifford. There are a very few T-shirts still available. But there are many swim caps available. If you want 'em - you can get 'em from Clay Britt (301) 321-9740. T-shirt \$10. Swim caps \$2.50. Sorry, the swim bags sold out immediately.
- Team swimsuits may still be available through Aardvard Swim & Sport in Wintergreen Plaza in Rockville (301/309-3660). Call them and tell them you are with the Ancient Mariners Master's swim team. They should quote you a price.
- DID YOU SEE?** Fast Lane - How do you become Good Enough to Swim in the Olympics? by Larry Van Dyne in the Washingtonian, June 1995, page 69.

PRODUCT(s) REVIEW

Unsolicited Endorsements

ARM BANDS. Your editor's continual pain in the (be careful!) shoulder was eliminated by wearing an upper arm band for a couple of months. The band cost \$13.90. Contact Cho-Pat, Inc. 1-800-221-1601. From their product list it looks like they have a band for all your parts.

3-M's FILM INSERTS. Two swimmers have put 3-M's vision correcting film inserts into their swim goggles. Both have been swimming with the inserts for several months. Both report that the inserts are great and have added to their swimming enjoyment. The inserts cost about \$60.00 and can be ordered from Joe Tate of Edmonds Opticians (301) 229-3775. Joe orders the film from 3-M and fits the inserts into your goggles. Orders can take up to 3 weeks to receive from 3-M.

MORE FROM THE NET...

Dave Harmon, net surfer and MAC swimmer, down loaded articles contributed by various masters groups and coaches, such as Emmett Hines and Scott Rabalais. (Scott sponsors the February Fitness Postal Meet every year). Topics included structured workouts, shoulder problems, interval training benefits. Call Kathleen Costello at (301) 942-2366 for copies.



Tom Denes
4522 Everett Street
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CALENDAR

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|---------|---|
| Jun 17 | Gunpowder Falls State Park. Chase, MD. DEADLINE 06/13/95 410/243-4418 |
| Jun 18 | Jack King 1-mi Ocean Swim, VA Beach. DEADLINE 6/10/95 Betsy Durrant 804/422-6811 |
| Jul 2 | Terrapin Masters 800/1500 meter, Rockville. Deck entries David Diehl 301/415-7433
CALL BEFORE 9 P.M. |
| Jul 8 | 2 mile lake swim. Charlottesville, VA Linda McCowan 804/379-2537 |
| Jul 23 | DCAC&DCRP Long Crse, Wash DC DEADLINE 07/08/95 Dean Delibertis 202/ 667-8855 |
| Aug 5 | DC Master Long Crse, PC Cnty Comm. College. Deck entries. Ed West 301/229-1950 |
| Sep 3 | 1.5 mile ocean swim. Atlantic City, NJ. Bill Brooks 609/344-0809 |
| Oct/Nov | FUN MEET! |