

The Rime

Volume 6 Number 1

April, 2000

THE ALBATROSS OPEN: A RECORD SETTING MEET

by Tom Denes

Fast. That is the word that best describes the Albatross Open held at the Montgomery Aquatic Center on March 25. An amazing eleven USMS or world marks were shattered at this short course meters meet. No less than 13 of the meet's 174 swimmers participated in the record setting swims.

Word has gotten around about the speed of the MAC. A gentleman named Cav Cavanaugh flew up from Florida specifically to try for some records. Unfortunately he didn't mention this in his entry form and ended up in lane eight for two of his swims. Undeterred, Cav swam a 1:02.84 in the 100-meter freestyle. That is an awesome time for anybody, but for a 65-year-old it set a new USMS record.

Mike Fell (35-39) made two attempts at national marks and was successful at swimming the 100-meter freestyle in a sizzling 53.06. Jayne Bruner (65-69) set the third USMS record in the 50 meter breaststroke with a time of 44.55.

Then the world records started falling. Joann Leilich (60-64) set two world marks swimming the 50-meter breaststroke in 41.35 and the 100-meter breaststroke in 1:30.58.

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FROM THE EDITOR

Check out all the meet results and upcoming events on the Montgomery Ancient Mariners website at <http://www.ancientmariners.org>.

Please send comments and suggestions to: dbuch@mindspring.com



ANCIENT MARINER QUALIFIES FOR OLYMPIC TRIALS

by Tom Denes

Ancient Mariner, Wally Dicks qualified for the Olympic Trials in the 100-meter breaststroke this month. Wally swam two time trials at the U.S. Senior National Swimming Championships in Federal Way, Washington to meet the qualifying time of 1:05.39 (lc). According to news reports, thirty-seven year old Wally is the oldest swimmer to qualify for Olympic Trials.

In his first time trial he swam a heartbreakingly close 1:05.42. However, he was disqualified for performing an illegal kick on his turn. Wally's coach decided to not tell him about the disqualification fearing that it might "mess with his mind" on his next attempt the following day. Fortunately, his wife, Barbara, had the foresight to warn her husband.

Going to sleep that night, Wally was not even certain that he would have opportunity to perform another time trial because the meet had been running longer than expected. However, time was set aside the following day.

In his qualifying swim, Wally held his legs firmly together on the turn. Coming into the last 25 meters

he vowed not to miss the standard and dug for home. His time was a lifetime best 1:05.00.

Following a brief vacation in the Northwest, Wally will begin training in earnest for the Trials. Now his sights are set on Sydney.



Wally being congratulated by Barbara

THE FUN MEET WAS A NO-SHOW

by Tom Denes

Well, we threw a fun meet and nobody came. The bad news is that we lulled ourselves into believing that people would attend the post-meet social and spent way too much on it. Fairfax County Masters spent \$1,427 for food, drinks and party room rental. The Ancient Mariners spent \$89 for beer. Total expenses were \$1,516. We collected \$746 from social attendees (37 participants). Thus, the shortfall was \$770.

We agreed to split the shortfall in the following ratio:

Arlington - 20% (\$154)

Fairfax - 40% (\$308)

Ancient Mariners - 40% (\$308)

The rationale for this uneven split is that Arlington hosted the meet portion of the evening.

I queried participants and non-participants from the Ancient Mariners and Fairfax County Masters. Here are their responses:

Jill Roethke (ANCM): For what it is worth - I had fun. I think it was a fun night, with the exception of no one on our team attending. I think people didn't want to drive to VA. Did people give you any indication of why they didn't attend?

As far as format - this year I was happy with the relay format as I have not

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MONTGOMERY ANCIENT MARINERS

Tom Denes, President
 Jeff Roddin, Vice President
 Jennifer Main, Treasurer
 Lisa Berger, Secretary
 Dottie Buchhagen, Editor, Webmaster
 Jeff Roddin, Recordkeeper
 Tom Denes, Registrar
 Coaches:
 Clay Britt
 Stan Tinkham
 Marco Quinonez

ANCM PROFILE: WATERBABIES

by Dottie Buchhagen

Some of our swimming couples started families during the past year. As all of us know that a new baby can interfere with any routine, I contacted threesets of Masters parents to find out what has happened to their practice schedules.

Christy and Ed Adelman both began swimming very early in life – Christy went off the 1 meter diving board at 10 months – and were swimming competitively by ages 8 and 6. They met while on Penn State University teams. McCarthy Patrick, also known as Mac, was born on July 5th of last year. Brett and Mike Bagshaw also swam on teams as young children and through college at Villanova where they were companion breaststrokers. Parker Deane was born on August 9th. Kathy Kirmayer, who is married to John Nichols (he is a runner), was forced into swimming when she was six years old as a treatment for scoliosis (curvature of the spine). “I cried on the side of the pool at every workout.” She turned to synchronized swimming during seventh and eighth grades. At Williams College, she swam competitively but took a break of approximately fifteen years before joining Masters. Henry Jackson was born on September 17th.



Parker Deane Bagshaw
at an ANCM practice

Prior to their pregnancies, all of these ANCMs worked out from two to five times a week and Brett and Mike competed in triathlons. How did pregnancy affect their swimming? Christy said she only modified her distance. Brett “.....just got really slow. It was like having a huge drag suit on.” Daylong “morning” sickness, business travel, and exhaustion led to Kathy dropping out completely. After giving birth, Christy and Brett were back in the pool at three weeks, Kathy at six. All admitted that a new baby has made it difficult to juggle their schedules to allow practice time. Christy and Ed moved to Darnestown last

November, further cutting into swim time. Mac and Parker have been at several practices, watching from the sideline, but early bedtimes limit their attendance. Babysitters come in handy and all the parents admit that they are ver-r-r-ry tired when practice hours come around! Kathy said “It’s really the nighttime waking that killed me – if your baby sleeps through the night early, you’ve got a better chance.” Brett and Mike make it to Sunday morning practices. “We don’t have to drag ourselves out of bed to get up early, we have already been up for hours.” All had thought they would have better success in working swimming back into their routines. All were wrong.

So, do these three new team members – Mac, Henry and Parker -- like the water? Early reports suggest that genetics does play a role in deciding who will become a swimmer. Parker loves the water, especially when he gets to float on his back. Mac and Henry also love to get wet. Two of the three are in waterbabies classes; Henry will be “home-schooled.” All the moms are back at work. Christy is teaching third grade (Ed is a finance analyst), Brett spends one or two nights a week practicing her profession of nursing (Mike is a civil engineer), and Kathy continues to handle complex commercial litigation as a partner in a DC law firm. Brett and Mike have been taking Parker on runs using a jogger stroller and on ski trips. Kathy’s response when I asked her if she had time for other recreational activities or hobbies (besides swimming) was “Is this a joke question? Are you kidding?!”

These new moms and dads concede that it is difficult to combine working out and beginning a family. Kathy explained ... “Having a baby is a big transition, and I think that is even more true for competitive female athletes, who tend to focus on their bodies and their physicality. But the growth that comes from letting go of one image of yourself (athlete) and adopting another (mother first, athlete second) is incredibly satisfying -- even more than doing a 24.99 in the 50 free.”



Henry Jackson Nichols
watches Mom swim

MINUTES OF THE ANNUAL MEETING, OCTOBER 31, 1999

by Lisa Berger

We met in Tom’s backyard this year since the weather was warm and the folding chairs from his September Break party were still outside. Margot Pettijohn again kicked off the gathering with her home-baked goods – this year it was cran-raisin scones. Margot’s baking is reason enough to attend.

The first item of business was a special announcement by President Tom Denes: He has thrown away the disgusting, molding, rotting swim bag he’s been dragging around and popped for a new one. Cheers all-around.

The first official business nomination of officers. The slate: President, Tom; Vice President, Jeff Roddin; Secretary, Lisa Berger; Treasurer, Jenni Main (After years of precise, entertaining accounting, C.J. Lockman No-Hyphen Hall, hung up her abacus. Her always-smiling (smirking?) presence will be missed); Newsletter Editor, Dottie Buchhagen; Recordkeeper, Jeff Roddin; Registrar, Tom Denes (Jennifer Arch, registrar for the last three years has also moved on – rumor has it she’s training to become a Drill Sergeant. She, too, will be missed.); and Coach, Clay Britt. Two people volunteered for members at-large: Barbara Clifford and Jason Krucoff.

During the discussion, people made comments regarding levels of commitment. This led, naturally, to a Special Referendum by Tom and Clay: Marriage is a Wonderful Institution. It passed 7-3. (This was a wacky meeting – you had to stay alert to keep up.)

The officers were elected as proposed.

Under the business of officers’ reports, C.J. said that we have \$6,225 in the bank, including income of \$460 during the year, and presented a budget for the coming year. There was a general consensus, led by C.J., Jill Roddin and me, that we should be giving something back to members and not always raking it in.

Tom, who’s handling registration, announced that renewals for team dues

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COACHES CORNER: TAKING THE MARCO WAY — OPEN WATER SWIMMING

by Marco Quinonez



Question: Open water season will be starting soon. How did you train for your swim across Lake Atitlan and how do you train your swimmers for their long-distance swims?

I prepare swimmers for open water swimming with a combination of training workouts which consist of a four-phase approach.

To properly use this technique, we start 3 to 4 months prior to any event. We also swim 4 to 5 times a week.

The four-phase approach entails a conditioning period, a build-up period, a hard sprint training period, and finally the tapering period.

The first weeks – conditioning -- are spent in correcting strokes if there are any to be corrected. We do long distance sets, we swim a total 2,300 to 3,000 meters. Excellent endurance is very important.

In the second month – build-up -- we start shorter distance sets while maintaining 3,000 to 3,600 meters per practice. Once a week, we do long distance swims. I include some kicking and pulling. Swimmers do sprint sets which are always very useful. They practice navigational skills such as looking forward while swimming without changing pace. We also practice alternate side breathing and we swim with eyes closed to get used to swimming in dark waters.

During the third and fourth months – hard sprint training -- I have swimmers increase their speed work, and I place more emphasis on short sets of quality workouts. Practice distances are 3,000 to 4,000 meters.

For the last two weeks – tapering -- swimmers decrease their amount of sprint work and include long rest intervals. Hard sprints are never at full-blast!

Using this four-phase approach takes a lot of dedication and training but swimmers who follow it will experience good results during the open swims.

Enjoy your swim training.

SKILL BUILDING: PART 1

by CJ Lockman Hall, M.A.

Successful athletes possess an assortment of skills. You can probably rattle off the physical skills: strength, flexibility, conditioning, etc. Do you know that what goes on in your head also contributes to – or detracts from – sporting success?

Dr. Jack Lesyk, director of the Ohio Center for Sport Psychology, has formulated a model called “The Nine Mental Skills of Successful Athletes.” Whether your goal is a top ten ranking, having high-quality workouts, or learning to dive from the block, developing and applying mental skills can contribute to your success. Using these skills can also improve performance in school or in the workplace, and can enrich your personal life.

Lesyk divides the nine skills into three levels: basic, preparatory, and performance.

The four basic skills, or Level I skills, covered in this article are attitude, motivation, goals and commitment, and people skills.

The model states that attitude is a choice, sports is an opportunity to compete against yourself, and that it is important to maintain a balance between sport and other areas of your life. I think Theodore Roosevelt put it best: “Do what you can, with what you have, where you are.” No matter how you feel, try to get the most out of practices. Use personal yardsticks for an accurate and satisfactory way to measure your success.

Motivation has a forward thinking theme. Although successful athletes don’t enjoy *everything* about their sport, like gasping for air between repeats, they focus on the benefits of their sporting experiences. They have developed a long-range view, enabling them to push through the tough times in pursuit of their goals.

The third skill involves goals and commitment. Successful athletes set appropriate goals using effective goal setting techniques. Successful athletes have a daily commitment to goal achievement.

Finally, successful athletes have cultivated people skills. Even in a highly individual sport like swimming, people skills are vital. According to the model, successful athletes are aware of others (coach,

family, friends, and teammates), can communicate their feelings and needs, know how to listen, and have learned to effectively handle conflict and challenges.

Are you on the road to becoming a successful athlete? By working on these four skills, you will be off to a good start! Levels II and III will be covered in future editions of this newsletter.

Source: *The Nine Mental Skills of Successful Athletes*, Ohio Center for Sport Psychology ©1998



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NO-SHOW

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been training. I did like the format last year as there were “fun” events as well as the opportunity for those that wanted to swim serious events - the 50 and 100 choice. Overall, that would probably make everyone happy as you can choose to have fun, be serious or both. If I was in shape this year, I probably would have liked to get timed for a 50 or 100 fly (there goes that Roddin in me- it tries to come out every so often, I think the Roethke is trying to take over and not train as much!!!).

Desiree Ficker (ANCM): Hi! I was a potential attendee at the fun meet but instead spent 2 hours driving around looking for the place. Maybe it would be better if the event was a little closer and was even held on either a Friday or Thursday night during a practice time? I know that I look forward to Saturday night to fulfill other social obligations I neglect during the week. More people might be inclined to show if these functions were held on a practice night. I still think it's a great to have social events(good food, great way to meet people,etc). For the future though maybe consider another night of the week and in a place closer to MAC(or with better directions). It is nice to feel familiar with

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ALBATROSS

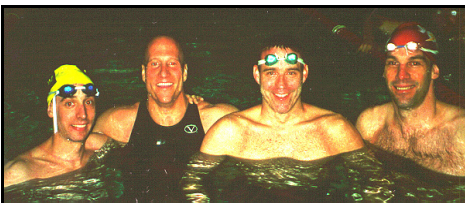
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Jerry Frentsos (35-39) set three world records in the 200-meter backstroke (2:07.12), the 100-meter individual medley (59.11), and the 400-meter IM (4:35.23). His 400 IM time was 10 seconds faster than the old record.

Three relays also set records. The DC Masters quartette of Jane Bruner, Barbara Frid, Joann Leilich, and Beth Schreiner set two marks in the 200-239 age group. They swam a 5:25.45 in the 400 freestyle relay for a national record and a 2:19.96 in the 200 freestyle relay for a world mark. The Ancient Mariners 120-159 age group broke the world record with a time of 1:35.65. That team consisted of Mike Fell, Wally Dicks, Jeff Roddin and Tim Boyd.

The meet records for the Fastest Woman and Fastest Man in the Water were also broken. Thirty-nine year old Beth Baker spoke for Baby Boomers everywhere by slaughtering the competition in the women's venue. She swam a red-hot 27.17 in the 50-meter race. Thirty-seven year old Mike Fell also bested the competition in the men's race with a time of 24.05.

Much of the meet's success can be attributed to co-meet directors Kathy Kirmayer (who juggled her meet duties with a newborn) and Steve Jolles (who juggled his duties with a new job and a new house).



Jeff Roddin, Mike Fell, Wally Dicks, Clay Britt
Photo by Penny Bates



Photo by Dave Marks

POST-MEET SOCIAL

The post-meet social was catered by Hard Times Cafe and held across the street in Georgetown Village. Lisa Berger regaled us with song and attempted to solicit donations for her efforts.



The award for Fastest Woman in the Water was awarded to Beth Baker. Mike Fell received that for the Fastest Man in the Water.

Photos by Dave Marks

FIRST ANNUAL TOM DENES SERVICE AWARD

by Dottie Buchhagen



Photo by Dave Marks

John Feinstein did the honors of presenting the First Annual Tom Denes Service Award to Tom Denes. Tom has been the constant force keeping the Ancient Mariners together for many years. He has served as President, arranges social events such as the end-of-the summer party (at his house) and motivates everyone into pitching in to host the annual Albatross Meet. Tom's devotion to the team knows no bounds. Recently he was seen selling T-shirts and caps from the trunk of his car. We all hope he will continue to take a leading role in ANCM.

MINUTES

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and US Masters are coming up. In the spirit of Giving, not Raking, the group voted that team swim caps will be given to all members paying dues starting in November.

Jeff Roddin reported on the upcoming Fun Meet. He explained how it's truly going to be a Fun Meet with no scoring, no timing, all deck entries, and unusual events, like the mixed Siamese swim. The team's contribution to the meet is money for beer and wine, and it was proposed and passed that we also contribute to the cost of the social and so reduce the per person cost for our members. Ancient Mariners will pay \$13 instead of \$20 for the social.

The budget discussion went on and on, as you can imagine. There were comments

on the team picture ("It's a \$49 waste" – too few people, wrong time of year, too dark, can't we do it digital and put it on the website?), more money for kickboards (we lost half of them this year – anybody know where they are?), great newsletter (what about an email edition? rejected), website (can we add stuff, zip it up?), coaching (Marco's paying for equipment out of his own pocket – he needs team money), and nationals (more money for shirts and caps this year because it's going to be at Maryland). A modified budget was passed. Highlights: Income (mostly dues, and Albatross Open): \$6,570. Expenses: Newsletter, \$640, Nationals, \$600, Miscellaneous (web page, equipment, caps), \$1,590, Fun Meet, \$450, Albatross Open, \$4,215. Deficit, \$925.

Discussion of the Albatross Open, particularly selection of a meet director, silenced the group. We considered people not at this meeting to be the best candidates and batted around a few names. We decided that co-directors is probably the best arrangement and that we needed to do some recruiting. If you see Tom, Jeff, or Clay coming at you with a gleam in their eye, that's what THAT is all about. Clay and I will again be doing the social, and promise that it'll be jumping this year.

Under new business, Jason Krucoff offered to work with Dottie on the website. Jeff Roddin reported on the Potomac Valley meeting. He noted that members need to hear more about swim clinics and that if you're buying swim books on-line via Amazon that if you go through the USMS website, US Master's receives a fee.

We adjourned around 12:30.

FOR SALE

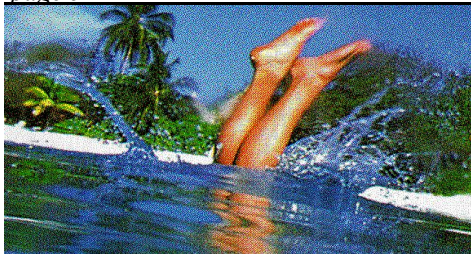
Equipment and apparel in team colors of gold and black with the ANCM logo.

Bags	\$45
T-shirts	\$11
Swim caps	\$ 3
Baseball caps	\$16

Contact Tom Denes at 301-564-4234 or by email WaterPrfCh@aol.com

FOR FREE

All registered ANCMs are eligible to receive a free swim cap. Contact Tom Denes if you have not gotten yours.



WALL TIME

Tips and Advice from Flo Tation

Top Ten Reasons to Go to Swim Practice

Week after week, as I'm forcing myself to plunge into the water, I wonder, "Why?" when I could be at home surfing the net or watching dirt bike racing on Outdoor Living Network. So, with thanks to David Letterman, I've come up with my top ten reasons for showing up for practice, starting with the weakest motivator and ending with the best.

Number One: The pleasure of rarely having to take a shower at home.

Number Two: The entertainment in following someone too closely and getting an over-reaction.

Number Three: The rich reward of doing faster intervals than your kids.

Number Four: The amusement in listening to lane-mates argue.

Number Five: Making intervals with less heavy breathing than the person in front or behind you. (And getting a good breather at the wall with a "that-was-easy" smirk.)

Number Six: The fun in lapping slower lanes.

Number Seven: The joy of touching out an obnoxious friend in end-of-practice sprints.

Number Eight: The stimulation of swimming behind a tight butt and checking it out.

Number Nine: Know you can get out of pool ANYTIME cause you're a grown-up.

And, the all-time best reason,

Number Ten: The occasional excitement (OK, rare) of looking down and seeing a flatter stomach.

NO-SHOW

(Continued from page 3)

the people you share a lane with (and may nail in the pool from time to time!!).

Jenni Demko (FXCM): I lost interest

after the traditional format was abandoned and there was no couples race. I can't say attending meets is my first priority but that was the only one I've participated in since college.

My impression of the two socials I've attended includes: "one gathering, two teams." it seemed clicky and the level of interest in meeting persons on the other team seemed minimal. I'm assuming that was the purpose of the social; to meet the other team. The food thing could be more controlled. Commitment of EXACTLY what people are making and bringing can be controlled but on the flip side, that can be administratively cumbersome. (The women of FXCM are having a small get together in which the host is controlling exactly what people are bringing and I expect it to be a success by the way she is handling who makes what.)

Solutions: Have a social on another occasion in a less competitive atmosphere. (hiking, that festival in PA that Tom has arranged the last few years, skiing trip, bike ride, camping...one team could host each year). If one team beats the other perhaps we're rubbing the loser's face in it by having the social directly afterwards. again, we are competitive groups.

It is understood by some members of our team that the competitiveness of the traditional format was the underlying reason the format was dropped. If that is an accurate statement, the atmosphere in the regular swim meet format may lighten up if we get to know each other in non-swimming events.

Dan Rudolph (ANCM): We were out of town last weekend for something that had been planned well in advance, so our non-participation had nothing to do with the nature of the event. I (Dan) certainly would have come had I been here (Jenn probably would have come; whether she would have swum is another question).

My guess is that the "fun" nature of the events discouraged some of the more serious swimmers from coming ("if you are going to go to the trouble of spending 4 hours at a swim meet, you should at least have an opportunity to swim real events", etc.), but was not enough to attract the less serious swimmers, who still might have been intimidated. I probably would suggest going back to the old events next year, and seeing what happens. We have had a pretty good turnout in the past, right?

Andrew Geiszler (FXCM): I preferred the format with formal, timed events and scoring. I realize that we lose some swimmers this way, but it seems like we lose more swimmers with the informal format. The team competition and social are fun, but I like being able to get a snapshot of times without having to spend all day at a formal meet.

Karen Howe (FXCM): Although I was out of town, my view was that one e-mail discussing the social and meet was not enough to get things going. Lack of advertising was probably the biggest reason for non-attendance from Fairfax. If the date is known 2 months before hand then flyers can be handed out and the event talked up. This did not happen for various reasons. I could be wrong but I think things could get going for the fun meet but who knows. Just my 2 cents worth.

Tami Carlow (FXCM): I think part of it is just bad luck in the last few years that many people from our team already had things planned for that day. That is due in a large part to it being planned sort of at the last minute. I would say if it was planned well in advance and a mix of some timed events and points were brought back, our team turnout would be much better.

Catherine Geiszler (FXCM): This is not necessarily your fault (I don't think it was your fault at all, really), but part of the problem that I see as a FXCM'er is that the meet wasn't very well publicized. We haven't put out a newsletter in ages, so we didn't have that mode of advertisement going for us. No flyers were created to be distributed among those who don't have e-mail, or who rarely check it, or who disregard anything that doesn't directly relate to their life on that particular day. And the coaches didn't do a very good job of talking it up (as I know, since I'm a coach). I think that there were a lot of people who were very surprised to find out at Nov 13th Sat practice that there was a meet that evening!

As to the format, I don't know that it matters so much. I liked having the individual events, and the relays were tough for FXCM to put together due to our lack of personnel. But had I been able to go, I would have enjoyed doing whatever. It was a bad weekend for us in general (FXCM)- so many of our social movers and shakers were already committed to

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NO SHOW

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other things. Just some thoughts.

Jeri Ramsbottom (ANCM): Unfortunately, I was out of town that weekend. I liked the regular events and scoring. I like the socials too, it just didn't hit a weekend that I could attend.

David Greg (FXCM): If we're here or will be next year, these are a couple of thoughts: Organize the meet well in advance with a good pool; not an Arlington school pool. Suggest Marymount for next year. Both Marco and I have trouble with so much chlorine. Have everyone pay a fee to participate and to go to the social such as \$25-35. This would allow the social to be of the right size relative to the signed up participants. Even with signed up people 10-20% will miss the social. Personally I would prefer a regular meet with a couple of fun events.

Myriam Pero (ANCM): I had all the intentions of attending the FUN MEET. I would probably prefer to have the meet in a pool closer to home (Montgomery County). I also like to attend socials. This time for me was impossible to participate in such event. I hope to be there next time.

Penny Bates (ANCM): I very much liked the fun meet the way it was. Originally I thought I wouldn't but it turned out to be fun. We have a lot of opportunities to swim in a real meet; this was a nice alternative. I'm curious to find out what people say.

John Blasic (ANCM): I think the meet is a great idea and helps any of the novices get used to a meet format, and more importantly, it is a meet where you just have fun !!!!

After seeing the small turn-out last week, I was very hesitant to participate in a party that was \$20 that had few people and not many seemed to understand the directions well enough.

I also was a bit confused on the site - as in when I hear Wakefield I thought Rec center and then the directions to the High School were also 'Very Slow' which I heard from others as being a complaint.

The Holton Arms pool seems to be conveniently located for people from VA/DC since it right off the Beltway.

I look forward to continuing with the meet and having a post-social that is well attended like the ones YOU host !!

(HINT HINT !!!)

Tom Biery (ANCM): I'm sorry to hear about the aftermath. And I am somewhat reluctant to give input cause... well if I don't go then... I was looking forward to Turkey Meet cause... Seemed to be lower pressure but yet did offer some "competitive feel" with timing and all.

As far as social events I find it hard enough to work in time to swim. maybe something in late Jan. after the holiday rush is over would be good.

Having a "fun" event after the Albacross Open like fastest couple etc. might work better.

Gary Dick (ANCM): I am dismayed that my lack of participation this year contributed to a fun meet that fell rather flat. Last year, I had a good time and enjoyed both the meet and the meal afterwards at the restaurant Lisa picked. Since I have not been swimming (and will no doubt return to lane 1 when I do come back), I guess it was no surprise to you that I was not there. I would be sad to see the fun meet stop, and looking at the schedule you sent, cannot imagine that the program you picked was at fault - it looked like it was going to be another fun event. (I am definitely in a fat and slow mode right now and consequently am slightly hydrophobic - so the idea of attending even the fun meet was not appealing).

Mary Parker (ANCM): I'm sorry that the Fun Meet wasn't very much fun! I had another event to go to that night. Speaking for myself, I prefer a regular meet with regular events and timing. I like having relays also, but I'm not really into the crazy ones. I like social events too, but I often can't attend because I have other obligations (kid stuff).

Scott Young (FXCM): I like the swim meet & social format, unfortunately a chain of events stopped my plans for participating. I plan on reimbursing the team as promised, it's only fair. Swim on Bud, ya'll are doing a great job.

Carole Kammel (ANCM): I much rather see us spend money on a "real" meet like the Alb Open. Then, have a nice party or social sometime throughout the year.

Michelle Chesnut (ANCM): I would have been there if you had scheduled it for Feb.:-) Maybe what we could do is market the fun meet to all of us that have never participated in a meet as a swimmer. Might give a few of us the idea that it is okay to embarrass ourselves in a real meet

too. I am sorry the attendance was not better.

Verbal responses:

Margot Pettijohn (ANCM): Meet was too far away.

Mary Dowling (ANCM): I don't do any kind of meets.

Peter Johnson (ANCM): Relays are for faster people.

Nick Olmos Lau (ANCM): Should have meet at accessible, familiar place.

Julie and Jason Andrews (ANCM): Should publicize earlier. Also, it was too far.

Pat Hwu (ANCM): Need to get people to commit.

Jenni Main (ANCM): Rather see a Saturday or Sunday afternoon meet.

Lisa Berger (ANCM): Too far. Too many wacky events. What about Friday night?

Greta Ober (ANCM): Just do regular events. Odd things not interesting.

Richard Sachs (ANCM): Need better advertising; newsletter flyer was too late. Offer prizes.

MORE PICS FROM THE ALBATROSS

by Dave Marks



Chow-down at the social

THE BULLETIN BOARD

KUDOS

u Congratulations to Desiree Ficker who finished 6th among professional women at the Alabama Powerman Duathlon on March 25th. Desiree's efforts were rewarded with \$500 in prize money.

u Jason Crist, Wally Dicks, John Feinstein, Michael Fell, Clay Britt, Dale McElhattan, Timothy Boyd and Jeff Roddin were named to the USMS Relay All Americans for 1999.

u Julie Andrews and Jason Krucoff welcomed their daughter Anna Elizabeth on March 6th. Baby Anna weighed in at 8 pounds and 6 ounces.

u ANCM Gerry Gray and Kristen Meyer had a daughter Margaret Ann on March 29th. The new baby was 7 pounds and 2 ounces.

u Wally Dicks qualified for the Olympic Trials in the 100 meter breaststroke with a qualifying time of 1:05.00. (see article on page 1).



u Casey and Greg Scace sailed their catamaran in the U.S. Olympic Trials in the International Tornado class from March 25th to April 2nd at the Santa Cruz Yacht Club. They competed for the opportunity to represent the U.S. at the 2000 Olympics in Sydney, Australia.

HAPPY BIRTHDAY TO YOU.... HAS MOVED

VISIT OUR WEBSITE (<http://www.ancientmariners.org>) FOR BIRTHDAYS OF ALL TEAM MEMBERS

SCHEDULE OF EVENTS

5/28: Colonies Zone OW Champs & Jim McDonnell 2 Mi Lake Swim - Lake Audubon, Reston, VA OW; Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191, 703-845-SWIM, PBBerger@aol.com; Lynn Hazlewood, 703-845-SWIM, lynhzlwd@usms.org; Entry forms available in early February; Sanctioned by PV LMSC; Entry deadline 5/30

6/11: 4.4 Mi Chesapeake Bay Bridge Swim - Annapolis, MD OW; Lin-Mark Computer Sports, 7 Westwood Dr, Mantua, NJ 08051, 609-468-0010, 609-468-4018 (fax); Web: www.lin-mark.com/gcbap2000.htm

6/18: 800/1500 Meet - College Park, MD LCM; Dave Diehl, 12511 Littleton St, Silver Spring, MD 20906-4253, (301-946-0649(h), 301-314-5372(w), 301-314-9094(fax), Email: DD119@umail.umd.edu; Sanctioned by PV LMSC; Pre-entry & Deck-entry, Entry form at www.crosslink.net/~cherylw/meet800.htm

6/18: Jack King 1 Mile Ocean Swim - Virginia Beach, VA Betsy Durant, 211 66th Street, Virginia Beach, VA 23451, 757-422-6811, durrantb@aol.com Sanctioned by VA LMSC

6/24: 2000 USMS 3-Mile Open Water Championship - John's Pond - Mashpee (Cape Cod), MA Gus Frederick, Mashpee Leisure Services, 16 Great Neck Road North, Mashpee, MA 02649, 508-539-1447, 508-539-1400(x519), leisure@cape.com

6/29: 1 Mi Ocean Swim - Ocean City, NJ OW L & M Computer Sports, 89 Park Dr, Berlin, NJ08009, 856- 767-1337, Email: info@lmsports.com; Darren Hickman, 609-926-9191, Email: darrenhickman@hotmail.com; Web: www.lmsports.com

7/8: 2000 USMS 2-Mile Cable Championship - Charlottesville, VA Chris Greene Lake; Patty Powis, 2112 Waters Mill Pointe, Richmond, VA 23235-2915, 804-272-7291, ppowis@aol.com Sanctioned by VA LMSC.

7/27-8/9: VIII FINA Masters World Championships - Munich, Germany LCM; USMS National Office, PO Box 185, Londonderry, NH 03053-0185, 603-537-0203, 603-537-0204(fax), Email: usms@usms.org; Ponte Vedra Travel, 800-833-SWIM, 904-280-0045(fax), Email: ann@pvtapi.com; Send \$3 to USMS National Office to cover costs for entry packet; Web: www.munich-2000.de

8/17-20: 2000 LCM USMS Nationals - UMBC - Catonsville, MD Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228, (410) 788-2964, swimbarb@hotmail.com

9/3: 1.5 Mi Pageant Ocean Swim - Atlantic City, NJ OW Bill Brooks, Atlantic City Beach Patrol, 3716 Boulevard Ave, Atlantic City, NJ 08041, 609-343-3794, 609-347-5211 (fax), hompie217@aol.com

**THESE ARE ONLY SOME OF THE EVENTS SCHEDULED FOR THIS SUMMER SEASON
CHECK THE ANCM WEBSITE (<http://www.ancientmariners.org>) FOR A COMPLETE LISTING**