

Montgomery Ancient Mariners

FEBRUARY 1994

Calendar

- March 26 Albatross Open 1994, short course meters at Fairland Aquatic Center in Laurel, MD
- April 17 Reston Masters, short course meters in Oakton, VA
- May 23 Fun Biathlon: 1 mile swim; 17 mile bike in Cambridge, MD
- May 17 DEADLINE to submit materials for our May newsletter
- May 29 Reston Masters: 2 mile Lake Swim in Reston, VA
- June 15? Stephanie L. Johnson-Srour and David Srour are expecting their 1st baby (Mom swims at MAC)
- July 4 -
July 10 5th World Masters Swimming Championships in Montreal, Canada

Spring Session: Feb 28 to May 29, 1994

(Editor)

Now is the time to sign up for your Masters program **Spring Session**. This is the MAC's 4th spring. The Montgomery Ancient Mariners are in their 3rd season swimming at the MAC, their 1st season swimming at MLK, and are awaiting their inaugural session at the Olney Pool. Various drive-by sightings of the County's Olney aquatic facility report that it is pretty well finished.

A good reason to register for the spring session is to get in shape for the upcoming meets. If you are the type who does not like to swim in crowded meets, there's evidence that recent meets have had fewer entries. OK, all you closet competitors and fitness lap swimmers, now is your chance to ease into a competitive meet without the bustle of crowds. If you ever dreamed of swimming the longer distances in a meet without spending the day waiting for your heat, this may be your year.

Status Report - Albatross Open 1994

As of today (2/21/94) we have 14 swimmers enrolled in the meet. Seven tickets to the social have been sold and seven T-shirts have been ordered. (Did we say something about smaller meets?) It appears the crowd at the post-meet social will be well dressed, if select. Barbara Clifford, MAC swimmer and graphic artist extraordinaire, designed the T-shirt for this year's meet. Barbara's determination to get us the best design may advance us into heretofore unheard of standards for our T-shirts! We may get a two color design. Specifics are yet to be contracted at this point.

We purchased some software (ouch!) for the managing the upcoming meet. It is called "Meetmanager". The software is just as creative as its name, but it is simple to operate and takes very little time to learn. Tom Denes taught Kathleen Costello how to use it in one short lesson. So for the Selfless Volunteers at the '94 meet - if you are on the task list for entering swimmer's data on the day of the meet; you did well and will have an easy go of it.

* We are soliciting your help in getting sponsors for the March 26, 1994 Albatross Open. Attached to this newsletter is a sponsor sheet for ads to appear in the meet program. The Albatross Open '93 ran seven ads and we hope for more in '94. Contact Tom Denes who is in charge of sponsors at (301) 564-4234.

* For those unfortunate Montgomery Ancient Mariners who will be working the Albatross Open '94 rather than swimming in it, do not forget to register and pay for the social after the meet. Stephanie Stour and Moira Williams are again in charge of running the post-meet social, so we know it will be a good time!

*** Coming Newsletters ***

We plan to publish the newsletter four times a year. It should appear at poolside (if you swim at the MAC) or in your mailbox just before each of the four annual registration periods. Accordingly, the next newsletter should come out at the end of May 1994. We hope to make this newsletter more inclusive of the MLK swimmers - so if you swim at MLK; we are at your service. All materials to be published in the next issue of the newsletter must be submitted before or on Sunday, May 17, 1994. Please submit to:

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P.S. If you have ideas for the newsletter but no time to develop them, let us know. Maybe we can develop them for you.

MEET NEWS

Voulez-Vous Nager Avec Mois?

(by Tom Denes)

Brush up on your French! The World Masters Swimming Championships are in Montreal, Canada this year! This meet is held every two years and attracts Masters swimmers from all over the world. The next championships are in Manchester, England in 1996 so don't miss this opportunity.

This meet, which takes place July 4-10, has no qualifying times so any of us can participate! We'll swim in the meet and go **sightseeing** during our off times. A group is now forming to go. Don't be left out!

I've got a packet of information for those who might be interested. Please note that the entry deadline is May 25 but only those entries received by March 25 are guaranteed all of their events.

Ancient Mariners Hold National and World Records

(by Tom Denes)

The current national and world records were just published in the 1994 USMS Rule Book. Did you know that some of your fellow Montgomery Ancient Mariners hold these records? Our coach, Clay Britt (30-34) holds world and/or national records in the short course 50 meter backstroke (27.18), the short course 100 meter backstroke (58.12), the short course 100 meter individual medley (59.95), the 50 yard backstroke (23.39) and the 100 yard backstroke (50.21). Clay also still holds two national records in the 25-29 age group. These are the short course 100 meter backstroke (58.42) and the short course 200 meter individual medley (2:12.28).

Jeff Roddin (19-24) holds national records in the 100 yard butterfly (50.58), the 200 yard individual medley (1:54.64), and the short course 50 meter fly (26.94).

The brother and sister relay team of Jeff and Jill Roddin and Brian and Tracey Crilly holds two 19-24 national relay records. Their short course 200 meter freestyle relay clocked a 1:51.87 while their short course 200 meter medley relay was 2:03.76.

Turkey Classic

Three Montgomery Ancient Mariners participated in the Turkey Classic, November 21, 1993. Margot Pettijohn won four events and set Ancient Mariner records in all of them. Dave Harmon took one first and three seconds and set a new Ancient Mariner record in the 500 freestyle. Tom Denes placed first and fourth in his events.

SWIMMERS' NEWS

HIGHLIGHT ON JEFF KOSTOFF, MLK COACH

(by Heidi Yacker)

We recently had the opportunity to find out a little about Jeff Kostoff who coaches the Masters Team at MLK on Mondays and Wednesdays. He's been swimming since he was 5 years old. As early as the fifth grade, he began doing double practices--getting up before dawn to swim, going to school, and then swimming again in the afternoon. His vigilance paid off when he became a member of both the 1984 and 1988 US Olympic Teams where he swam the 400 I/M. He currently holds the US record in the 1650-yd. freestyle. He counts among his proudest accomplishments a feat he performed in practice as a freshman at Stanford: he swam four 5000s in 50 minutes. His fastest time was 46:48, his slowest was 48:53. His swimming has taken him to over a dozen foreign countries. Between 1981 and 1988 he was never ranked lower than third in some event--usually three events. Jeff doesn't see himself swimming in many more pool competitions; he now prefers open water swims. Last summer he swam around Atlantic City--approximately 22-1/2 miles which he did in 7-1/2 hours.

As coach at MLK, Jeff tries to make his practices fun. He encourages competition for those who are so-inclined because it makes practice more interesting when training for a race. But he believes that a good, sociable environment is just as important because it encourages swimmers to keep at it, which is, after all, the main goal for fitness swimming. He thinks the formation of a large Masters program encompassing the three pools will be good for Nationals. Although he might not swim himself, he thinks we'll have a strong competitive team.

BARBARA'S REGEARING HER TRAINING PROGRAM

(Editor)

As most of you know Barbara Glancy has been in Johns Hopkins Hospital having her hip replacement replaced. Right up until surgery she could be seen swimming in Lane #1 at the MAC. Barbara has also been a regular attendee at the traditional apres work-out Sunday brunches. We are sure that she must miss those Celebrity Deli brunches. We look forward to having her delightful company in the near future both in the pool and apres. BEST WISHES FOR A SPEEDY RECOVERY!!



CONGRATULATIONS! A BABY BOY!

(know a good babysitter?)

On December 9, 1993, Carl St. John was born to Austin St. John and Patricia Bowditch. Both parents are regular MAC swimmers and Little Carl is mastering the subtle role of sports spectator from his poolside crib. His poolside duties currently include waving at any moving object, sleeping, amusing various onlookers, and, of course, keeping his eye on MAC coach, Clay Britt. Carl's parents are looking for good babysitters in the Bethesda area; call (301) 718-1086.

Father and newborn son watch Mom swim laps!

TO: PROSPECTIVE SPONSOR
FROM: MONTGOMERY ANCIENT MARINERS SWIM TEAM
SUBJ: ADVERTISEMENT FOR SWIM MEET

On March 26, 1994, we are hosting a masters swimming meet at the Fairland Aquatics Center. We would like to ask you to serve as a meet sponsor in return for the placement of an advertisement of your choice in our meet program.

We expect between 100 and 200 competitors to attend this meet. The bulk of the competitors who would receive a copy of the meet program with your advertisement are local professionals between the ages of 25-60. We expect that most of those participants will be from the Maryland/Washington/Virginia area.

We offer the following sponsor rates:

Full page ad:	\$25
Half page ad:	\$15
Quarter page ad:	\$10
Business card size ad:	\$6

If you would like to serve as a sponsor, please fill out the following information:

Business name:

Representative:

Address:

Phone:

Ad size:

If possible, we would appreciate your response by March 12, 1994. We thank you for your support!