



Montgomery Ancient Mariners

Volume 1

Dec. 1993

Calendar

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| Fri, Dec 3 | Austin St. John & Pat Bowditch, MAC swimmers, are expecting their first! |
| Sat, Dec 4 | 2nd Annual Pizza Party for the Albatross Open 1994
at Kathleen & Greg's house at 7:15 p.m. |
| Sat, Mar 26 | Albatross Open 1994 at Fairlawn Aquatic Center |

Ancient Mariners Montgomery Masters Montgomery Ancient Mariners???



Will the real club please stand up? Are you wondering or confused as to the genesis of the Montgomery Ancient Mariners? Here is my brief explanation.

In the beginning, say Fall 1989, there was the MAC masters program coached by Joe Rogers and regularly attended by a small group of masters swimmers. The little group got along just fine and had enough enthusiasm for the sport to form a club, Ancient Mariners. Much of the hard work of getting the club off the ground fell on the competent shoulders of Tom Denes. Most of you remember Heidi Hoth, an Ancient Mariner, who volunteered to get out of the pool and be our coach when there were no other takers for the position. The Ancient Mariners were a successful club; both in its management style and at its meets.

In the summer of 1993 the Montgomery County Department of Recreation ("MCDR") solicited bids for a coaching contract at its two, soon to be three pools. The MCDR then signed a one year contract with the Premier Swim Inc. (Clay Britt and his associate coaches) to coordinate all registration, meet entries, coach support and social events. The new club was named Montgomery Masters. But two masters swim clubs at the MAC was too confusing and duplicative. Now the Ancient Mariners and Montgomery Masters are merging their clubs. Starting in January 1994 the MCDR will sponsor the Montgomery Ancient Mariners at the MAC.

The Montgomery Ancient Mariners welcome the MCDR in supporting and promoting masters swimming.

FINicky
by Greg Wortman

Four years ago I started Masters swimming. Each year the Masters coach has asked me to try fins. Why? Because my kick has always fluttered, so to speak. I don't move forward when I use a kick board; I sink! So I usually do a goofy swim/kick stroke during the kick sets. I tried fins and without even swimming, my feet would cramp-up. I tried Zoomers, Voomers, Boomers. I tried fat ones, skinny ones, even fins with ... I would get the same crampy result. But this year has been different.

The "Albatross" has persistently asked me to use fins. Through trial and error I found the ultimate fin for me. As the story goes: "Poolaholic" let me use his Zoomers. As expected, my feet cramped-up. The same old story. "Poolaholic", who I think works in a pool, told me about "More Yardage" fins. "More Yardage" said "may the force be with you" and lent me his fins. I tried them on and "Yabba Dabba Do"! A miracle!!! My feet did not cramp-up at all. Not even after swimming with them on.

My only complaint was the fins were too wide. I continually collided with each fin while kicking. I wanted a slimmer fin. And that's what I got!

The fin I tried on was the "Force" fin. The manufacture of this fin developed the "Slim" fin for freestyle kicking. I love it! The fin is flexible and allows my feet to move easily. The fins are shaped like a fish tail. The V-shape tail makes the fin easier to kick in the water than the standard flat tail.

Now for the bad side of this story. The cost of the "Slim" fin is \$75.00! Yes, I agree that's too expensive. But for me it is worth it. I can now do kick sets and enjoy it! Plus, the fin will last a long time. For more info about the "Slim" or "Force" fin, call 1-800-FIN-SWIM.

Oh yes, the "Albatross" is our coach Clay. He should be our mascot, too. Check out his arm span. Wow! "Poolaholic" is Jason. I think he even lives in a pool. "More Yardage" is Alan. Thanks to him, I discovered how much fun kicking can be. FINish!

New Swim Video Library for Your Viewing Infotainment!
Margo Pettijohn, Video Librarian, (301) 983-3199

The Montgomery Ancient Mariners video library consists of one excellent swim video entitled "Swim Smarter, Swim Faster; Stroke Techniques for Swimmers from Age 8 to 80". The video is loaned, for a one week loan period, at no charge to any Montgomery Ancient Mariners. Make your arrangements to borrow the video through Margo Pettijohn, our Video Librarian. Call her at home BEFORE 9PM at the number listed above.

Margo has also placed a back order for the sequel, "Swim Smarter, Swim Faster II". She does not know when the sequel will arrive. If you have any swim video materials that you would want to donate to our growing collection; please give Margo a call.

HIGHLIGHT ON CLAY BRITT, MAC COACH

Recently, Clay Britt, the popular new coach for the Montgomery Ancient Mariners at the MAC, told us a little about himself and his goals as a Masters coach. He started swimming as a young boy and has continued a rigorous training schedule which, in college, consisted of 3-1/2 hours per day of swimming and additional weight lifting. Although he doesn't enjoy training, he loves competing. And he's good at it. He includes among his proudest moments breaking the American record in the 100-yd backstroke, winning the NCAA championship in the 100 back 3 years in a row at the University of Texas, and representing the US at various international championships including the Pan American Games.

Today his training schedule consists of swimming 3,000-4,000 meters four days a week for nine months, and three months of lifting weights and rowing 5 days a week.

Clay feels stroke work is the most important part of his coaching. He tries to identify problems in his swimmers' strokes and correct them. The more experienced swimmers can adjust more easily. The fitness and beginning swimmers get lots of drill work. His ultimate goal is to put together a strong team which likes to compete in meets. Although some people don't like racing and are afraid of failure, Clay thinks an occasional failure can be instructive--can help a swimmer refocus and improve. He sees himself as a member of this team, he's proud of it, and looks forward to competing and winning with it in the future.

WHO ARE THE CLUB OFFICERS?

Here is a little scoop about the current officers of the Montgomery Ancient Mariners.

Tom Denes	Pres	301-564-4234	World class organizer of everything
Stephanie Scour	VP	301-294-2654	Very smart; wanted to be VP
Pat Bowditch	Treas	301-718-1086	Her baby's due on Dec. 3
Heidi Yacker	Secr & Edit	202-363-0461	She comes from DC for us!
Kathleen Costello	Co-Editor	301-942-2366	She's planning for the Bay race
Dave Harmon	Records	301-972-1417	Remember, we <u>are</u> record setters
Clay Britt	Coach	301-279-5463	Our Albatross and a great coach!

Looking Back - Albatross Open 1993

Our meet in 1993 was a phenomenal success. Five World Records and one National Record were bettered at our Albatross Open! We even stayed in the black and have a budget of about \$1,500 to stage the upcoming 1994 meet!

Looking Ahead - Albatross Open 1994

Our upcoming Albatross Open will be held at the Fairland Aquatic Center in Laurel, MD on March 26, 1994. Volunteers are needed to make the '94 meet even more successful than last year's meet.

"Swim Smarter, Swim Faster" with Richard Quick and Skip Kenney
Reviewed by Lisa Berger

This is a pretty good video for masters' swimmers, even though the swimmers in it are either world-class athletes, like Pablo Morales, or twelve year-olds who move better through the water than most of us ever will.

The video covers the four basic strokes, emphasizing technique and offering an array of drills. There's also lots of tips scattered throughout, like how to develop "fast hands" for the breast stroke, push your chin through

the water in the fly, and improve your freestyle flutter kick. The best parts of this video, however, are the underwater shots. Great views of strokes, and feet and hips, and how they all coordinate. I have only a quibble with this video. Being the product of the Stanford coaching staff, the inventors of the Zoomers, the video could have included information about the whens and whys of these revolutionary flippers. But this is just being picky.

Rating: Three flippers (scale of four)

IN SEARCH OF...
LIAISONS WITH MLK

Would any MLK swimmer like to act as a liaison from the MLK pool to the MAC pool? Since your \$25 fee to the Montgomery Ancient Mariners includes this newsletter the co-editors would like the newsletter to become more relevant to MLK swimmers. We invite any MLK swimmers to send in materials/ideas/articles for this quarterly newsletter. Materials can be faxed, telephoned, or mailed (in letter or on floppy disk) to the co-editors listed in this issue.

Congratulations!

At the Potomac Valley Masters Swimming Committee's (PVMSC) annual meeting, the Montgomery Ancient Mariners' Jeff Roddin was named PVMSC Swimmer of the Year for the 1992-93 short-course yards season. This was by virtue of Jeff's placing in the USMS Top Ten in six events. Other Montgomery Ancient Mariners recording Top Ten times were Tracey Crilly, Jill Roddin, Marshall Greer, and Clay Britt. Congratulations to all!



MAC swimmer Lisa Berger has written a new book. No matter what your retirement dream Lisa has thought about how to make it come true. The book is chock full ideas and strategies. The paperback is 543 pages with extensive references and appendices. It is available at local bookstores and lists at \$12.95. Baby boomers take heed, now is the time build that sunny future.

PS: MONTGOMERY ANCIENT MARINERS AND TERRAPIN MASTERS - HOST QUAD MEET

Fairfax County Masters, DCRP, the Terrapin Masters, and the Montgomery Ancient Mariners participated in a Quad Meet October 23 at the University of Maryland Pool. The meet was tightly contested between the Terrapin Masters and the Ancient Mariners. The Ancient Mariners ultimately prevailed scoring 132 points to the Terrapin Masters' 106 points. Fairfax County Masters was 3rd and DCRP, 4th.