

The Rime

Volume 7 Number 4

December, 2001

RUTGERS COLONIES ZONE SCM CHAMPIONSHIPS - DECEMBER 8-9

by Dottie Buchhagn

Six intrepid Ancient Mariners traveled to Rutgers University in Piscataway, NJ, the first weekend in December. They competed in the Colonies Zone Short Course Meters Championship Meet.

Wally Dicks, John Feinstein, Michael Fell, Carole Kammel, Margot Pettijohn, and Amy Weiss performed admirably.

Over the course of the two-day meet, they set ten meet records. Aging-up helped two of the group, Mike Fell and Margot Pettijohn, to take full advantage of their swimming prowess and positions as the "babies" of their age groups. Margot set meet records for her age group (55-59) in the 50 (43.99), 100 (1:33.87) and 200 (3:20.03) breast, 200 fly (3:36.39) and 200 IM (3:14.53). She also placed first in the 400 free (6:11.59). Mike Fell (40-44) garnered meet records in the 50 (24.62), 100 (53.69), and 200 (2:00.66) free, and Wally Dicks (35-59) set meet records in the 50 (29.29) and 100 (1:04.14) breast. Wally also placed first in the 200 breast (2:22.31).

Of the other three ANCMs, Amy Weiss (25-29) took first place in the 100

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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



GREETINGS FROM THE HOLY LAND

by Dale (Chip) McElhattan

As an Ancient Mariner since in 1997, I arrived in Jerusalem in 1999, serving as a Senior Diplomatic Security Service Special Agent and the Regional Security Officer at the American Consulate General in Jerusalem. Over the past 14 months, the region has been engaged in what has been termed the "Al-Aqsa Intifada" which refers to the Haram al Sharif as the Moslems call it or the Temple Mount as the Jews call it. There have been over 8,000 acts of violence related to this uprising, and my staff and I have had many close calls performing our duties to protect Consulate employees on their diplomatic missions into the West Bank and Gaza. While the uprising is not over yet, there are some positive signs that the two sides are beginning to undertake a dialogue that will hopefully lead the Israelis and Palestinians back to peace talks.

I have truly missed the simpler days of training with my Mariner teammates at the MAC or other places.

The long hours in dangerous places have left me a little exhausted, but my goal, following an ACL repair this summer is to swim around Manhattan next summer, hopefully with some of you. I will dedicate my



swim to the victims of the World Trade Center, the Pentagon and in Pennsylvania and to other victims of terrorism, many of whose funerals I have attended here.

On a brighter note, as Head Swim Coach of the Anglican International School in Jerusalem, I have over 65 swimmers out of a student body of only 275. This tremendous participation, including 2

(Continued on page 3)

ANCIENT MARINERS HOLIDAY PARTY

by Lisa Berger

The kitchen table was edge to edge with fried chicken, pasta salads, pies, cheese casserole, heaps of chips and crackers, and other tasty treats. The coolers on the front porch were brimming with beer and soft drinks, and the living room/dining room was abuzz with chit chat. In short, we had all the makings of a fabulous Christmas party.

Graciously hosted by Michelle Chesnut and Ray Ladbury, the party went longer than most people expected but had lots going on, including the swim team awards. Nick Olmos-Lau showed up with a video of his 13-hour swim of the English Channel, thankfully edited down. We got to see everything from how he greased up to a replay of his wife, Nancy Thomas, yelling at him around the 12th hour to move his butt and finish.

Of course, everyone was eager to hear who won the team awards and to learn the prizes. For those of you who missed it, and might want to begin striving for next year, here's the outcome:

Brown Nose Award: Alvin Russell, who's always sucking up with "guaranteed" stock tips. Prize: nose clip.

Drill Sergeant Award: Carole Kammel, known to be quite bossy on Sunday mornings. Prize: blaster water gun.

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MONTGOMERY ANCIENT MARINERS

Tom Denes, President
 Jeff Roddin, Vice President
 Lisa Berger, Secretary
 Michelle Chesnut, Treasurer
 Dottie Buchhagen, Editor, Webmaster
 Jeff Roddin, Recordkeeper
 Tom Denes, Registrar
 Coaches: Tom Denes, CJ Hall
 Marco Quinonez
 At-large officers: Helen Bevan, Andy Fraser,
 Dave Harmon, Angie Nevaldine,
 Martha Zeiger

ANCM PROFILE: OLYMPIC HOPEFUL- DESIREE FICKER

by Dottie Buchhagen

Q: You recently spent time in Colorado. Tell us why you went there.

I was there from March until October. It all began one afternoon in February when I called up USA triathlon deputy director Tim Yont to ask his opinion on whether or not I should become a professional triathlete. At this point, I was debating either devoting all of my time and energy into triathlon with the hopes of making the 2004 Olympic Team or to pursue my other interests and to give up triathlon completely. Tim encouraged me to start racing professionally and to apply for the USA Triathlon resident team in Colorado Springs. The thought of living at the training center was very appealing, so I applied for the team. A few weeks later, they notified me that I had been accepted and that I had a week to get there for swim camp! I packed up my car and drove out to Colorado, starting my training with a 7,000 meter swim on March 3rd.

Q: What were your initial impressions of the facilities and the people?

I think I walked around the entire first day at the center with my mouth hanging open. Everywhere I looked, there were huge, blown-up pictures and quotes of past Olympians. The facilities were top-notch: a 50m indoor pool with underwater cameras shooting 12 different angles; a sports science testing lab with strange looking contraptions; a huge weight room with blaring techno music; dorms with Olympic colored decor; and, a cafeteria that you could do some serious damage in all day long- all you could eat from 7am to 8:30pm. There was even a hairdresser on site with a little salon that I was warned away from but still...it was all pretty cool.

The staff was full of some of the friendliest people I have ever encountered and they treated us like we were



superstars every single day. The athletes were all different, just like with any other group of people-some humble, some pompous, some friendly, and others were not. In general, there seemed to be a general feeling of happiness and good fortune that made for an overall fun atmosphere. The women's volleyball team had the tallest women I have ever seen grouped in one place. There were at least ten over 6 feet tall, the tallest being 6'6"! The men's team was just as way up there. The other teams consisted of men's and women's weight lifting, men's gymnastics, men's and women's track and road cyclists, weightlifting, tae kwon do, judo, speed-skating, and other individuals who would come out for rehab. They were mostly all fun, focused, and extremely talented.

Q: Describe a typical day of training.

It was hard to say that any day was "typical" because each day was always different. A usual day would go something like this:

6:30am wake up (this was every day except Sunday)

7-9:00am swim (usually in the pool but occasionally in a nearby lake with wetsuits)

9-10:00am breakfast, lots of it

10:30-11:00am weights

11:30-1:00pm bike, varying speeds and workouts

1-2:00pm lunch, lots of it

2-5pm nap, rest, read, email, hang out
5pm run, again varying speeds and distances depending on the day

6-7:30pm dinner, lots of it

10:30pm off to sleep, this time would also vary based on fatigue. Sometimes I would go to bed at 8pm! On the weekends, we went to bed late.

Q: Were you able to detect an improvement in your performance?

My swimming improved a lot, mostly because I increased my volume so much and someone would be standing over my lane, watching my times. I also received stroke technique advice. My biking and running also improved but by the middle to the end of the season, I was feeling very tired and worn out from all of the training and intensity. I picked up many skills in all three disciplines and an an better knowledge for training, eating, resting and racing.

Q: What goal are you working toward?

My goal is to take one year at a time, improving as much as I possibly can,

hopefully enjoying international successes along the way. Ultimately I have the dream of competing in the 2004 Olympic Games in Athens. My coach once told me she would bet her life that I would be on the medal stand there. I am not that optimistic yet, but I think I have a chance if I stay focused and injury free. I realize how many factors are involved and that is why I know the road to my goal must be as rewarding in itself. That way, if I make it or not, I will have lived fully.

Q: What are you doing while you are back in this area?

Besides training, I am coaching indoor and outdoor track at Walt Whitman, my old school, teaching swimming to little ones at the YMCA and taking a class at UMD. I have made a pact with myself to learn how to sew but I think that will take a while. I have learned that I am energized while pursuing things outside of triathlon. When I feel balanced I am happy.

Q: Are you able to continue your training regimen on your own?

I correspond with my coach, who is still in Colorado, through email. When I begin my serious training in January, I will be downloading my heart rates and sending them to her. I have many friends and groups to train with here and I prefer to do some training on my own.

Q: Do you plan to return to Colorado?

I will go back for a month or two this summer to train with my coach and yes, I plan on returning before the Olympics to train and focus.

Q: Are you keeping in touch with some of the other athletes that you met while you were there?

Yes! Email and a cell phone are both very good things. There was a time when I never ever would have said that.

COLONIES ZONE

(Continued from page 1)

free (1:04.10) and 200 fly (2:43.43), placed second in the 50 free (29.60) and 200 IM (2:37.11), got third in the 100 breast (1:23.06) and fourth in the 200 breast (3:00.39). Carole Kammel (30-34) went for the 800 free (eighth place).

John Feinstein (45-49) swam a total of six events. He placed third in the 800 free and 50 fly, fifth in the 400 free, sixth in the 100 fly and seventh in the 50 and 100 free.

Great swimming!

COACHES CORNER: TRIATHLON WOES

by Jeff Roddin

Dottie asked me to write this column. She said the article could be about anything related to swimming and not necessarily something specific to actual coaching. I decided to write an article about my triathlon experiences. I never would have thought of trying a triathlon if it weren't for the triathletes I've coached at MAC. So in that regard my triathlon experiences are a direct result of my coaching. And those triathletes should beware the next time I coach because it is their fault I did those ridiculous races!

In the summer of 2000 I completed my first triathlon. It was a grueling race that included swimmers on top of one another and a hilly bike and run course. The swim was a very long three minute ordeal. The transition area was littered with bikes - at least a couple dozen! The hilly bike leg of the race stretched out over the span of an entire neighborhood - three miles in all. The running course was a only a 1.3 mile loop - but it felt like at least a few yards more than that. When all was said and done I finished in the top three in my age group (I'm quite sure there were at least 3 or 4 people in that age group).

No, the Tuckahoe triathlon wasn't quite an Ironman ... nor was it quite an "Olympic" distance triathlon ... nor was it a "sprint" distance triathlon. Okay, there may or may not have been ten year olds doing this race. But it was enough to get my adrenaline going and make me feel like I was a triathlete (at least for 25 minutes I felt like one). And it was indeed a fun entrance into something new and different for me. Later that summer I also completed a more "regular" length triathlon in Bethany Beach. Last year's Bethany Beach race can more or less be summarized by the following statement: I had a good swim and then whoever didn't pass me on the bike passed me on the run. Actually, I was fortunate enough to pass 2 people on the bike but they were each on the side of the road fixing a flat tire (it took them until the run to pass me again). After those two



race experiences I have decided against quitting my day job to train for the 2004 USA Triathlon team. Although my coworkers have been trying to persuade me to go for it but I think they just want me to quit...

One thing I learned from training for these races is a newfound appreciation for the hard work and dedication a true triathlete goes through with their training. My typical swim training includes 4-6 days a week in the pool and sometimes 1-2 days in the gym. From that type of training I am able to compete and train at a consistent swimming level. When I had to add running and biking to prepare for those triathlons quite obviously something in my schedule had to give. By dropping the gym and reducing the pool time, my swimming skills took a nosedive (not to say I was scorching the earth with my times in the first place!). I went from leading the fast lane, to getting run over by the rest of the fast lane, to leading the second lane and finally getting banished to rec swim. It was then that I realized how difficult it is for a triathlete to remain at the top of their game for three sports simultaneously - invariably also while holding down a job, family, social life, etc. It is tough enough to do with one spot let alone three. Next time I start to feel good about myself for touching out a triathlete in a swim workout set I'll know deep down if they trained as much as I do in the pool they would have probably lapped me. So my message is for people like Brian and Christy to keep up with their triathlon training so I have a fighting chance to at least stay ahead of you in swim practice!

GOODBYE TO NADINE CLAYTON

by Tom Denes



Long-time Ancient Mariner, Nadine Clayton, moved to California. She joined the Ancient Mariners in December 1995. By March of 1996 she was already part of the traveling team and accompanied Jill Roethke, CJ Hall, Jeri Ramsbottom, and Natalie Ferrell to the Dixie Zone championships in Raleigh, NC. In July 1996,

newsletter editor, Natalie, moved to California and Nadine cheerfully took over the job until the summer of 1997. In March 1997, Nadine "volunteered" to be the meet director for the Albatross Open and ran the most successful meet to date. Since 1998, Nadine served as a coach on an interim and full-time basis. I will miss her and wish her well in her new life.

HOLY LAND

(Continued from page 1)

boys of my own (8 and 6), is related to a desire for many expatriates living in Jerusalem to have as normal a life as possible in an area racked by violence and internecine conflict. The future of any peace settlement may very well rest with these young lives and as swimmers ourselves we know the life-long benefits derived from staying involved in swimming or any sport.

My next project is to teach Palestinian kids to play baseball. And I need your support. Many Palestinian children who see their older siblings engaging Israeli soldiers at checkpoints in the West Bank end up with permanent injuries, some of them from throwing stones which themselves have seriously injured Israelis. I have seen 10 year old boys throw stones a good 50 meters and with arms like that, they need a baseball in their hands. Just like the Dominican Republic more than 30 years ago, young kids introduced to baseball may very well just pull themselves out of the poverty of refugee camps and baseball can be that catalyst. The plan involves the oldest city in the world, Jericho. The land for a baseball field is being donated and the introduction of American baseball to Palestinian kids who need a diversion from the daily occupation. I would love to hear what you all think. It is my hope that a swimming program will be introduced to these children in the future.

While I am not a religious person, I have found the need to pray for peace in the Middle East. There has been too much blood spilled on both sides and if you would take a moment yourselves and say a prayer for both the Israelis and Palestinians, maybe the Mariner energy will have a positive impact.

Swim fast, stay safe over the holidays and be proud to be an American.

2001 USMS CONVENTION REPORT

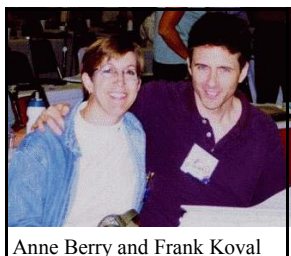
by Myriam Pero

United States Masters Swimming (USMS) was founded in 1970; there are currently more than 40,000 registered swimmers. Our club, the **Montgomery Ancient Mariners** is part of **Potomac Valley**, which is one of the 10 Local Masters Swimming Committees (LMSC). Potomac Valley is in the **Colonies Zone**, one of the eight USMS Zones. As of October 2001, Colonies had 8,309 registered swimmers, PV had 1,868 and ANCM had 238.

The first USMS short course national Championship meet was held in 1970 with a total of 46 swimmers. The first USMS long course meet was held two years later. Since then, USMS has held both short and long course meets every year.

Since 1971, there have been 31 conventions for Masters Swimming. The AAU was the National Governing body for the first 10; the last 21 have been under the USMS National Governing body.

This year the **Potomac Valley's** delegates were "volunteers of volunteers." How is this? Well, the USMS with more than 40,000 members is run mostly by volunteers from all over the USA. This year the Convention was originally scheduled for September 12 in Dearborn, MI, but due to the terrible and sad incidents of

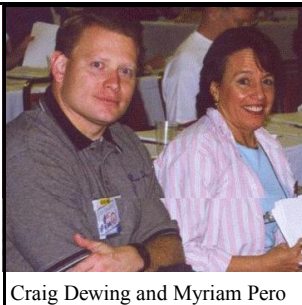


Anne Berry and Frank Koval

September 11, it was postponed and a new site was selected. We [Frank Koval (Reston Masters), Craig Dewing (Terrapin Masters), Anne Berry (Arlington Ageless Masters), and I] replaced the original delegates who were not able to attend the Convention rescheduled for November 15-18 in Louisville, KY.

It was nice to see how four members of four different clubs who did not know each other formed such a great team. Especially since three of us were attending a Convention for the first time. We coordinated among themselves to cover most of the different committee meetings. [Topics ranged from the administrative such as Planning, Rules, Communications, Finance and Legislation to the practical such as Sports Medicine, Long Distance, and

O n - D e c k Coaching. In all, 42 sessions were scheduled.] For those who have never attended these conventions, two to four committee meetings could be running at the same time.



Craig Dewing and Myriam Pero

This year one of the big topics was the Executive Committee elections. All the candidates were very good, so it was a hard decision. The final results are:

- President - Jim Miller, Virginia LMSC
- Vice President - Scott Rabalais, Southern LMSC
- Secretary - Sally Dillon, Pacific Northwest LMSC
- Treasurer - Doug Church, Indiana LMSC

Now, this choice of leaders is not necessarily good news. All swimmers get ready as the coaches have finally taken over. Yes, all four new officers are coaches. In the Discussion Forum on the USMS website, Emmet Hines pointed out some of the changes that will take effect immediately. For example:

- Swimmers will arrive for workouts on time and stay through the whole workout.
- Swimmers will swim the assigned strokes.
- Potty breaks, fussing with goggles, etc., are now only acceptable between sets, not during them.
- Swimmers will attend all meets.
- Swimmers will volunteer to swim fly, breast and back on the relays.
- Warm-ups and warm-downs are no longer optional.
- Coaches will no longer repeat the set - swimmers will be expected to "get" the set the first time it is announced.

But all joking aside. Among other business, there was close competition for the selection of the site for the national championships in 2003. The winners are:

- Short course will be at Arizona State University in Tempe, AZ (May 15-18)
- Long course will be at Rutgers University in Piscataway, NJ (August 14-17)

Another item under a lot of discussion was Article 506 item 506.1 - Membership of the Board of Directors. There was a proposal to exclude the chairs of the 23 Standing Committees and the past presidents from the membership, but the deci-

sion was made to study this proposal further. The new Executive Committee will look at this issue closely and probably will present new proposals regarding the Membership at the next convention.

Article 102 item 102.1 and Article 201 item 201.1.1 also were discussed. The new ruling will allow the admission of 18 year olds. Many masters' teams at universities had been having problems with freshmen students who were not allowed to swim during the masters' workouts because of insurance restrictions.

It is important to mention that during the House of Delegates meeting President Nancy Ridout gave special acknowledgement to the current PV chairpersons Debbie Morrin (Marketing Committee) and David Diehl (Officials Committee) for their work and efforts during this past year. Both Debbie and Dave are Terrapin Masters.

One enjoyable aspect of the Convention is meeting new people. I met a remarkable woman, June Krauser who helped to pioneer the concept and program of Masters swimming in 1970. She was the first and only rules chairman for USMS for the first 22 years. She was the founder of their first National Newsletter, *Swim Master*, and the editor for its 20 years. She has never missed a USMS national competition and holds 24 USMS records. Overall, she has won 103 short course and 120 long course championship titles. She has competed in eight World Championships and holds seven Masters world records. In 1959, June was named Delegate for Florida for the AAU Convention and has attended every AAU and USMS Conventions since then. Currently, she is the Chairman of the International Committee, the Dixie Zone Representative, FINA Representative, ISHOF (International Hall of Fame) Representative as well as a member of four Standing Committees; she also swims more than 2,000 meters every day.

FOR SALE

Equipment and apparel in team colors of gold and black with the ANCM logo.
T-shirts \$11
Swim caps \$ 3
Contact Tom Denes at 301-564-4234 or by email WaterPrfCh@aol.com

HOLIDAY PARTY

LIFO Award (last in, first out): Bill Rimm, known to stroll on and off the deck in remarkably short intervals. Prize: flip flops, a fashion accessory for those promenades.

Wallflower Award: Richard Sachs, who has a permanent dent in the wall at the end of lane two. Prize: toy shark to play with while he hangs.

Most Pool Toys Award: Margot Pettijohn, who'll try any gimmick for that extra tenth of a second. Prize: googles case, probably the only swim item she doesn't have.

Skimpiest Speedo Award: Brian Davis, who garnered many nominations. Prize: rub-on tattoos, so spectators will have something else to stare at.

Woman-Most-Talked-About-in-Men's-Locker-Room Award: Christie Underdonk, winner of many nominations. Prize: Swim shampoo, so she can maintain those winning looks.

Man-Most-Likely-to-be-Invited-into-the-Women's-Showers Award: Ernest Odinel, who won it hands down and has received numerous follow-up invites. Prize: shower shave cream, so he'll have something to do when he goes visiting.

Biggest Slacker Award: All of lane two. It should be noted that lane two has protested this award because there seem to be lots of other swimmers watching what lane two is doing rather than doing their own workouts. Prize: toy submarine, to amuse the swimmers while they catch their breath.



ANNUAL MEETING- NOVEMBER 4, 2001

by Lisa Berger, Secretary

The meeting took place, as usual, at Tom's house after Sunday practice. About eleven people attended. Notable absentees were your esteemed secretary, who's immensely grateful to Michelle Chestnut for providing this vivid account of the event, and Margot Pettijohn, who, God bless her, sent homemade chocolate biscotti in her stead.

First item was nomination and election of board members. The results: Tom Denes -- President, Jeff Roddin -- Vice President, Yours truly -- Secretary, Michelle Chesnut -- Treasurer, Dottie Buchhagen -- Newsletter Editor/Webmaster, Registrar -- Tom, Record Keeper-Jeff Roddin, and the following Members-at-Large -- Dave Harmon, Andy Fraser, Helen Beven, Angie Nevaldine, and Martha Zeiger.

President's Report: The team now has 235 members and, as most people know, Clay is no longer running the program. Tom is coordinating the coaching program and any comments or suggestions should be made to him. We've got a new coach at Olney, Jean Gonnella. Casey Scace asked about the pool temp (too hot!). She will

draft an example letter so that other folks can bombard the county with this concern.

Treasurer's Report: We started the year (Sept. 1, 2001) with \$5,840 and currently have \$8,770. The 2002 budget projecting a surplus of \$2,430 was passed.

Newsletter Editor Report: Next newsletter will go out around the end of the year, so submissions need to be made by November 30.

Website Report: Andy's volunteered to convert the newsletter to a PDF format so it can be archived on the website. Also, the background color of the website is going to be changed and the birthday list updated. Andy's also checking to see if his company will host the website for free. Dottie raised bulk mailing as a possibility if we had other mailings in addition to the newsletter. We don't, so we don't qualify for one. We also discussed the possibility of emailing the newsletter as a PDF file. People preferred to receive it by mail as a hard copy. The point was made that not everyone has email.

Other Business:

Swim caps: We've got enough money to enable us to give new caps to registered members this year. Buttonhole Tom on the deck for yours.

Videos: There was a discussion about videotapes. We will give "lost" tapes to Margot Pettijohn and set up a video library. This could be posted on the website. It was agreed that we have enough money to buy additional tapes.

Team photo: We need a time when more swimmers are around. Helen is looking into it and will arrange.

Fun Meet: As you might have guessed, we didn't have it this fall. There's talk about doing it in January. In the meantime, Michelle Chestnut is hosting a party for the team in December, which is a great idea. [The party was on Dec. 1.] It's like going straight to the social without having to get wet beforehand!

Albatross Open: Progress to date includes reserving the pool, drawing up the forms, and enlisting the following vital organizers -- Michelle Chestnut, entries chair, Margot Pettijohn, pool setup and officiating, Andy Fraser and Helen Beven, meet directors, Barbara Clifford, t-shirts. Social and food organizer to be determined.



BULLETIN BOARD



Photo credits: Holiday party - Michelle Chesnut; Convention-Anne Berry



**REMEMBER TO GIVE YOUR USMS
REGISTRATION DUES AND SWIM FEES
TO ONE OF THE COACHES.**

FREE
All registered ANCMs are eligible to receive a free swim cap. Contact Tom Denes at 301-564-4234 or by email WaterPrfCh@aol.com if you have not gotten yours.

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

SCHEDULE OF EVENTS

12/31: Swim in the New Year; Campus Rec Facility University of Maryland, College Park, MD. Call Bob Lazzaro 410-442-7649 H (before 9PM) cherylw@crosslink.net <http://www.crosslink.net/~cherylw/ny02.htm>

2002

2/16-17: Virginia Masters Winter Invitational at Richmond, Virginia <http://www.vaswim.org/swim.htm>

2/23-24: Maryland Masters 25th Annual Winter Meet at UMBC, Catonsville, MD <http://www.pvmasters.org/entry.htm/entry.htm>

3/24-30: IX FINA World Masters Swimming Championships in New Zealand <http://www.pvmasters.org/entry.htm>

4/6: 2002 Albatross Open; Montgomery Aquatic Center Bethesda, MD <http://www.pvmasters.org/entry.htm> Helen Beven 301-897-2947; hbevenintheusa@cs.com, Andy Fraser 301-962-0787; afraser@sandglass.com

4/19-21: Colonies Zone SCY Championship; University of MD Campus Rec; College Park, MD Dave Diehl, dd119@umail.umd.edu <http://www.crosslink.net/~cherylw/Zone-4-19-02.htm>

4/18-21: YMCA Masters National Championship - Ft. Lauderdale, FL; <http://www.ymcaswimminganddiving.org/2002Masters/Flyer.pdf>; Email: dmurray363@aol.com

5/14-17: 2002 USMS Short Course Nationals - Univ Of HI, Honolulu, HI SCY; Amy Patz, U of HI Swimming, 1337 Campus Rd., Honolulu, HI 96822, 808-956-7510, patz@hawaii.edu;

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

Potomac Valley website: http://www.pvmasters.org				United States Masters Swimming			
UNITED STATES MASTERS SWIMMING MEMBERSHIP APPLICATION 2002							
PLEASE PRINT LEGIBLY THE NAME YOU WILL USE IN COMPETITION							
Last Name		First Name		Mid Initial Jr., Sr., III, etc		<input type="radio"/> RENEWAL <input type="radio"/> NEW REGISTRATION	
Street Address ()						(Office use only) 102-	
City		State		Zip		Fee \$35.00 Make check payable to: Montgomery Ancient Mariners Mail form and fees to: Michelle Chesnut 5809 Ridgeway Ave Rockville, MD 20851	
Phone Number ()		Birthdate (mm/dd/yy)		Age		Sex	
Potomac Valley Club Name or Unattached 12 - Montgomery Ancient Mariners		<input type="radio"/> I wish to contribute \$1 (or \$) to the USMS Foundation <input type="radio"/> I wish to contribute \$1 (or \$) to the Intl Swimming Hall of Fame Foundation <input checked="" type="checkbox"/> Please check here if you coach Masters swimmers I have added these amounts to my registration fees					
"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 _____ Date _____						email (opt): _____	
\$8 of the membership fee supports the PVLMSC; \$8 is designated for the calendar year subscription to SWIM Magazine; \$7 supports USMS; \$12 supports ANCM.							