

# The Rime

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## The 15th Annual Chesapeake Bay Swim

By Elisabeth Deal

On a good day, it only takes a few minutes to cross the Chesapeake Bay, but for several Ancient Mariners on June 13, it will take a few hours.

Some of the Ancient Mariner Bay swimmers this year include Gary Dick, Cliff Bartlett, Ben Stubenberg, and Anne Lewis. This year will be Gary Dick's 6th time and he shared some great advice for first timers:

**Don't worry about swimming straight** - "if you read about training for open water swimming there is usually a recommendation about getting yourself able to swim a certain number of strokes and then look ahead to check your course. The Bay Swim is probably the easiest and best open water course to navigate because of the bridges. The only tough spots are the start where you have to look up every now and then to check you are headed for the point where you turn between the two bridges and the end when you are out from between the bridges and headed for the beach. The rest of the time, every time you take a breath you can see the bridge so you have a point of reference all the way across without having to lift your

head up. It's to your advantage if you can breathe on both sides.

My biggest worry was that the prevailing wind would blow water in my face all the way across and I would not be able to switch sides but its never happened so I don't worry about it any more.

**Wear a wet suit** - mentally I feel better about it because if I get cramp or something, I am not going to sink and I also don't have to worry about the cold. If you want to rent a wet suit, do it early because they go quickly.

**Swim the distance some time before the race** just so you know you can do it (usually in the Rockville open air pool because of the long 50m lengths - I do 7,500 meters). Lots of people don't though and in reality, if you can get through a full ANCM Sunday practice at the MAC, working hard, (no sneaking in late just in time to leave for breakfast!) you are probably set to do the Bay.

**Lastly, go to Sandy Point a few days before the race.** Get in the water without your wetsuit.

*Continued on pg 7*

## WANT TO GET BETTER? SEE BRITT

By Cari Shane Parven

When 60-year-old Nick Olmos was in his 50s, he swam the 21-mile Catalina nocturnal swim. The D.C. doctor also swam around Manhattan, all 28.5 miles of it, three times in fact. And, the avid swimmer who trains year-round, also swam the Everest of waterways, the English Channel. His route, seeing as it's hard to swim a straight course over such a large span, was 30.5 miles which took him more than 13 hours.

Olmos, who continues to be an avid swimmer, plans to be the oldest person to swim across the English Channel; but, he'll have to wait more than a decade to get into the record books.

Ice-baths, four-hour practice swims, a gut for warmth in the frigid waters are all part of Olmos' method to the madness of long-distance, open-water swim training. Included in his regime are 3-hour swim clinics with swim coach Clay Britt, who, at 45, continues to set and hold swim records. The Maryland native was the first alternate for the 1980 Olympic swim team, the year the United States boycotted the summer Olympics.

Britt, whose broad shoulders,

narrow hips and six-pack abs help tell his swim-tale, is a financial broker with Smith Barney by day, swim coach by night.

While Britt has a knack with water, not every elite athlete can take his prowess and teach it to others. Britt has a natural talent for both swimming and coaching. Early on, soon after his professional swimming career was over, Britt found the secret ingredient that has made his decade-plus coaching career as successful as his swim career.

During his monthly swim clinics at Washington, D.C.'s Lab School, Britt gets in the water with his clients, watches their strokes and turns under water, swims next to them, and then *swims the client's mistakes*. "I imitate what the swimmer is doing wrong and then I am able to explain what they did wrong. That's the challenge of it," and that's what gets his clients swimming faster.

"He's always been a very sharp observer," says Olmos, who after every swim clinic cuts another 5-seconds off his freestyle time. "He can watch what you're doing and fix it dramatically. He actually gets in the water, he has such an amazing ability."

"I cut 11 minutes off my swim at Ironman USA in Lake Placid," says Amy Vitro, 42, a tri-athlete whose swim could never compete with her bike and run. "Swimming is a technique sport rather than a power sport," says Vitro from Silver Spring, MD, a D.C. suburb. "I needed to learn the technique."

Britt teaches the technique by changing the angle of a client's hand when it enters the water, shifting a swimmer's thumb over an inch, and even by explaining how to get power from a stroke.

Most of his clients are like Vitro, either weekend warrior types intent on improving swim-speed or tri-athletes who realize their inability to swim effectively is the difference between placing and not placing. Britt's intense, three hour session is not for the sun-bathing swimmer.

"I want to get them to understand what gives a swimmer the ability to move fast and easily. We want them to understand the basics of what makes them swim well." And that's why Britt not only gets underwater with his swimmers, but also uses underwater video cameras.

During a recent clinic, Britt analyzed the swim technique of 26-year-old tri-athlete Alice

*Continued on pg 4*

## GERMANTOWN AQUATIC CENTER OPENS

If you haven't had a chance to workout in the new Germantown Indoor Swim Center, you are missing out on a great aquatics experience! The new state-of-the-art facility with approximately 60,000 gross square feet features a competition pool, a recreation pool, and a leisure pool, as well as two separate hydrotherapy pools

### Competition Pool

The competition pool boasts a size of 25 meters (8 lane) long by 25 yards (10 lanes) wide. Lap swimmers can use this pool for practice or competition. This pool will be used for local and regional swimming meets for RMSC and the local high school teams.

The meter course is based on FINA regulations, while the yard course is based on NCAA regulations.

The Ancient Mariners have the following practice times:

M-W-F 6:30-7:30am

TU-TH 8:30—10 PM

The Germantown Indoor Aquatic Center is located within the South Germantown Recreational Park, 18000 Central Park Circle, Boyds, Maryland 20841

For more details visit:  
[www.montgomerycountymd.gov/rectmpl.asp?url=/Content/Rec/pools/aqua\\_gtown.asp](http://www.montgomerycountymd.gov/rectmpl.asp?url=/Content/Rec/pools/aqua_gtown.asp)

**VOLUNTEERS**

**NEEDED FOR**

**ALBATROSS**

**OPEN!**

**April 1**

*Please contact  
Cathy Gainor at:*

[cgainor@  
WashingtonTimes.com](mailto:cgainor@WashingtonTimes.com)



*All*  
**AMERICAS** LATyCAR Sao Paulo / Guarujá - 10 al 15 de octubre de 2005

ACUACOL Team who participated in the All Americas in Sao Paulo, Brazil in October. Ancient Mariners Mina Krushner won 2 golds, 1 silver and 2 fourth places and Myriam Pero won 5 silvers and 1 bronze.

## BRITT, Continued

Friedman who complained that she “always had trouble with swimming because I don’t swim very fast and I am not very graceful in the water.” They watched her underwater video together.

“You see your elbow,” Britt tells the Silver Spring woman who is wrapped in a towel on the side of the pool studying her video. “Your elbow there ... you’re dropping your elbow.” Of course, there was also her breathing problem.

“I was breathing too late, it was exhausting me. I couldn’t swim very long and here today I was able to swim so much more.”

Britt, who keeps his client-coach ratio at 4 to 1, breaks down his clinic into three parts: classroom (1/2 hour), pool time (coaches in the water with swimmers), under-water video session/video assessment. Each client also gets a DVD of his/her swim video with Britt’s voiced-over critique.

“He sees things that I don’t know I’m even doing,” lauds Olmos. “The other day I did a 1-hundred free (100-meter freestyle) in a time that I haven’t done since I was 14 or 15 years old. I’ve learned how to be more efficient without getting tired.”

“What I got, and needed, was awareness of how to improve my stroke,” says Vitro. I was able to get my stroke count down from 21 strokes to 14 strokes. It takes a lot of focus to work through it.”

Improvement is rampant in Britt’s pool because he has such a good eye for trouble and he uses some clever pool toys in his teaching. One of Britt’s favorite technique tools is the bungee. With Velcro, the taught rope is fastened to a swimmer’s ankles and, using arms only, the swimmer needs to stretch the cord as far as possible. The goal is to swim to the other side of the 25-yard pool.

“I got half way across the pool and then I stopped moving,” says Marc Levitt, 49, a Bethesda, Maryland tri-athlete. “I was moving my arms and attempting to go forward but I couldn’t move myself any closer to the wall.”

Britt, whose natural swim ability was clear by the age of six, makes it look so easy. He appears to anchor his arms and miraculously slide his body forward – the key to a technically sound freestyle stroke. Touching the wall at the other end of the pool, Britt lets the

bungee yank him back.

“It’s a great exercise for all competitive swimmers because it mimics the exhaustion your body will feel at the end of a race,” says Britt.

After each session, Britt sends his swimmers home with homework. “I want them to walk away with three things to work on to improve their swimming. A three hour session is going to help a lot, but it’s about constantly improving.”

Since the clinic, Vitro has concentrated on keeping her stroke count down, swimming on top of the water and concentrating on feeling as if she is “swimming downhill.” Olmos’ focus has been the downward slope of his hand so it’s going in like a spoon.

“I just want to help people swim better. I have a passion about that.”

His sessions cost \$125 for a three-hour class, a price-tag that enables Britt to keep up his swim-coaching hobby but also forces him to keep his day job. For more information, check the website: [www.claybrittswimming.com](http://www.claybrittswimming.com).

**“He sees things that I don’t know I’m even doing,”**

Nick Olmos

**2006 ALBATROSS OPEN (SCM)**  
**Saturday April 1, 2006**  
**Montgomery Aquatic Center, 5900 Executive Blvd., North Bethesda, MD**  
**WARM-UPS: 2:00-2:45 P.M. MEET: 3:00-7:45 P.M.**  
**Hosted by the Montgomery Ancient Mariners**  
Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-03

On Saturday afternoon, April 1, 2006 it will once again be the *Tyme of the Ancyent Mariners' Albatross Open*. We will host the meet in the Montgomery Aquatic Center. The pool will be configured as a 25-meter course. The water depth varies from 7-18 ft deep making it a very fast pool. Dozens of USMS National and World Records have all been set at this meet!

**ENTRIES:** Entries are limited to the first 200 individuals. Deck entries will be accepted as space permits. To be seeded, entries must be in the hands of the entries chair by March 25, 2006. Entries received after March 25 will be charged the deck entry fee. Deck entries are due by 2:15 on the day of the meet. Due to time constraints, swimmers are limited to four events exclusive of relays. We are limiting the 400 Free to three heats. Please remember that your age for purposes of USMS swimming is your age as of 12/31/06.

**RULES:** Current USMS rules apply. All swimmers must be registered with USMS and include a photocopy of their USMS registration card with their entry. Entry forms sent in without a copy of the USMS card attached will be rejected. Deck entrants must bring their USMS cards.

If you are not registered you may obtain a USMS registration form by going to [www.pvmasters.org/reg.htm](http://www.pvmasters.org/reg.htm)  
 Or, contact Jeff Roddin, PVLMSC Registrar, at 240-464-3982.

**SEEDING:** Events will be seeded slow to fast. Men and women will be combined, except in the 50 freestyle. *Please enter with a seed time even if it is an estimate.* "No time" entries and deck entries will be seeded in the slowest heat(s).

**RELAYS:** 200 and 400 "choice" relays will be swum at the end of the meet. Relay entry deadline is 5:30 p.m. on the day of the meet.

**FEES:** \$5.00 per event plus a \$5.00 meet surcharge. Relays are \$8. No refunds after March 25. Deck entries are \$7.00 per event plus \$5.00 surcharge.

**AWARDS AND RESULTS:** Awards for first through third places; special awards for USMS National or World Records (one per relay) and the man and woman recording the fastest time (regardless of age) in the 50 freestyle. Some special awards will be presented at the post-meet party. Results will only be mailed out by request. Results will be posted on [www.pvmasters.org](http://www.pvmasters.org).

**FACILITY:** The Montgomery Aquatic Center is an indoor 50-meter, 8-lane pool with non-turbulent lane lines. The pool will be configured in a 25 meter course with full electronic timing. Lap counting cards will be available for the 400 freestyle, however, swimmers are responsible for having somebody count for them. An area will be available for continuous warmdown.

**POST-MEET PARTY:** A fully catered dinner including dessert and drinks (both alcoholic and non-alcoholic) will be featured at the post-meet social at a cost of only \$15.00. A limited number of tickets will be available at the meet for \$18. The social will be held near the pool.

**DIRECTIONS:** From I-495 (Capital Beltway): Take Old Georgetown Road (Rt 187) exit North. Go approximately 2 miles. Turn right on Nicholson Lane. Turn left at next traffic light onto Executive Blvd. Take first left into the parking lot for the Montgomery Aquatic Center. From DC: Take Wisconsin Avenue north through Bethesda. The road turns into Rockville Pike (Rt 355). Take a left on Marinelli Road (Metro stop on the corner) and continue straight into the Montgomery Aquatic Center parking lot. From the Metro: The Montgomery Aquatic Center is one block west from the White Flint Metro stop. **PARKING:** Limited parking is available at the Montgomery Aquatic Center. Nearby street parking is available on Executive Blvd and Wood Glen.

**QUESTIONS:** *Meet Director:* Cathy Gainor 301-681-6090 ([cgainor@washingtontimes.com](mailto:cgainor@washingtontimes.com))  
*Entries Chair:* Dave Harmon 301-972-1417 ([David.C.Harmon@Verizon.net](mailto:David.C.Harmon@Verizon.net))  
 No calls after 9 p.m. please.



**ALBATROSS OPEN MEET ENTRY FORM**  
**Montgomery Aquatic Center, North Bethesda, MD**  
**April 1, 2006, Warm-Ups: 2:00 P.M., Meet: 3:00 P.M.**  
 Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-03

**DEADLINE:** March 25, 2006

**MAIL TO:** Dave Harmon  
 12831 Climbing Ivy Drive  
 Germantown, MD 20874

If you are a registered USMS Swimmer, you must enclose a copy of your USMS Card. If any parts of the copy are unreadable, please fill out the box below or your entry will be rejected.

Place Copy of 2006 USMS Card Here (Trimmed & stapled, please.)		
USMS Number	Team	
Name & Address (Name as it appears on USMS Card):		
Birth Date	Age (as of 12/31/06)	Sex



**RELEASE OF LIABILITY BY PARTICIPANT:**

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 of 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 \_\_\_\_\_ Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**CIRCLE EVENTS YOU WISH TO ENTER AND INDICATE SEED TIMES IN SHORT-COURSE METERS**  
 (Enter no more than four events exclusive of relays. Please enter no more than two 200 events.):

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1) 100 Butterfly _____   | 10) 100 Indiv Medley _____           |
| 2) 100 Freestyle _____   | 11) 50 Butterfly _____               |
| 3) 200 I.M. _____        | 12) 100 Breaststroke _____           |
| 4) 200 Back _____        | 13) 50 Backstroke _____              |
| 5) 200 Breast _____      | 14) 50 Freestyle (women) _____       |
| 6) 200 Fly _____         | 15) 50 Freestyle (men) _____         |
| 7) 50 Breaststroke _____ | 16) 400 Free (24 person limit) _____ |
| 8) 100 Backstroke _____  | 200 Choice Relay _____ Deck Enter    |
| 9) 200 Freestyle _____   | 400 Choice Relay _____ Deck Enter    |
- 10 minute break-**

**Fees:**

Individual Events	___ x \$5.00	\$ _____ (Deck entries are \$7.00 per event)
Relays	___ x \$8.00	\$ _____ (payable at meet - limited to 16 entries for each event)
Catered Social	___ x \$15.00	\$ _____ (\$18.00 on day of the meet)
T-shirts	___ x \$13.00	\$ _____ small ___ medium ___ large ___ x-large
Surcharge		+ \$ 5.00
<b>TOTAL</b>		\$ _____

**MAKE CHECK PAYABLE TO: Montgomery Ancient Mariners**

**YOUR ENTRY FORM HAS BEEN REJECTED:** \_\_\_ No copy of USMS card Attached; \_\_\_ Can't read USMS Card; \_\_\_ Did not sign USMS Waiver; \_\_\_ Entry Fee in error \_\_\_\_\_; \_\_\_ Other \_\_\_\_\_

(WEB VERSION)

## Upcoming Meets in Colony Zone

- 
- 4/1/2006 Albatross Open - Bethesda, MD  
SCM; c/o Aquatic Center, 301-681-6090, [cgainor@washintontimes.com](mailto:cgainor@washintontimes.com); David Harmon, 301-972-1417, [david.c.harmon@verizon.net](mailto:david.c.harmon@verizon.net); [www.pvmasters.org](http://www.pvmasters.org); Sanctioned by PV LMSC #106-03
- 4/2/2006 April Fools Meet - East Meadow, NY  
SCY; Lisa Baumann, AquaFit Masters, 516-294-7946, [aquafitinc@aol.com](mailto:aquafitinc@aol.com); [www.aquafitmasters.com/Events/Events.htm](http://www.aquafitmasters.com/Events/Events.htm); Sanctioned by MR LMSC #066-03; Entry Deadline 3/24/2006
- 4/21/2006-4/23/2006 Colonies Zone SCY Championships - George Mason University, Fairfax, VA  
SCY; Cheryl Ward, 703-359-5366, [cherylaward@yahoo.com](mailto:cherylaward@yahoo.com); [www.patriotmasters.org/Colonies.April2006.Entry.pdf](http://www.patriotmasters.org/Colonies.April2006.Entry.pdf); Sanctioned by PV LMSC #106-001; Entry Deadline 4/10/2006 (postmarked)
- 4/30/2006 New York State Masters Swimming Championships - East Meadow, NY  
SCY; Steve Shtab, 917-331-4518, [sshtab@aol.com](mailto:sshtab@aol.com); Lisa Baumann, 516-294-7946, [aquafitinc@aol.com](mailto:aquafitinc@aol.com); [www.aquafitmasters.com/Events/Events.htm](http://www.aquafitmasters.com/Events/Events.htm); Sanctioned by MR LMSC #066-06; Entry Deadline 4/20/2006
- 5/21/2006 Open Water Clinic and Practice Swim - Lake Audubon, Reston, VA  
See Listing Under CLINICS
- 5/28/2006 Jim McDonnell Lake Swims - Lake Audubon, Reston, VA  
OW; Roberta Dillenburg, 703-845-SWIM, [jmcdswims@att.net](mailto:jmcdswims@att.net); Online entry available at [www.lin-mark.com](http://www.lin-mark.com). Open water clinic and 1-mile practice swim in Lake Audubon on May 21 (see listing under CLINICS). 300 swimmer limit for each race; [restonmasters.org](http://restonmasters.org); Sanctioned by PV LMSC #106-02; Pre-entry (5/16/2006) & Deck-entry (space available)
- 6/3/2006 7.5 Mile Potomac River Swim - Mouth of the Potomac River, Hull Neck, VA  
OW; Cheryl Wagner, 202-387-2361, [cherylw@crosslink.net](mailto:cherylw@crosslink.net); [www.crosslink.net/~cherylw/pr2006i.htm](http://www.crosslink.net/~cherylw/pr2006i.htm)
- 6/17/2006 Chester River, Kent County, MD  
OW; Dawson Nash, 202-686-2150, [dawson.nash@verizon.net](mailto:dawson.nash@verizon.net); Proceeds benefit the Chester River Association and various organizations in DC and Maryland assisting individuals with HIV/AIDS and their families and communities; [www.swimdcac.org](http://www.swimdcac.org); Deck entries only
- 7/15/2006 USMS 2 Mile Cable Championships - Chris Greene Lake, Charlottesville, VA  
See Listing Under CHAMPIONSHIPS
- 7/23/2006 DCRP Long Course Meet - East Potomac Pool, Hains Pt., Washington, DC  
LCM; Max Kukoy, 202-250-5921, [maxthemeetdirector@maxwebworks.com](mailto:maxthemeetdirector@maxwebworks.com); [pvmasters.org](http://pvmasters.org); Sanctioned by PV LMSC
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## BAY SWIM Continued from Page 1

I like to look at the bridge stretching away in the distance and tell myself I can get over because I already swam the distance in the pool. I do some swimming and, if its a bit cold, I know that it will be better the next morning with my wetsuit on. That way I arrive on race

day more settled than I would be if I just showed up and saw the bridge for the first time and had no idea what the water was like.

**Enjoy the experience!** Unless you are really trying to get across in the best possible time—roll over in the center of the shipping channel and

look up – do some back stroke if you don't want to stop... Its a great view!"

Thanks, Gary for the helpful advise. Good luck to all of you brave Bay Swimmers!

Montgomery Ancient Mariners  
c/o Jeff Roddin, President  
13548 Coachlamp Ln,  
Silver Spring, MD 20906-5835  
[www.ancientmariners.org](http://www.ancientmariners.org)

