



SwimTalk Fall 2006



Susan Blattner, Andrea Packard, Joy Stover and Beth Eldridge placed fourth in the 200 Free Relay and third in the 200 Medley Relay at Worlds in San Francisco. Joy and Beth also added a 50M run to their medley relay swims when they discovered they were at the wrong end of the pool and would be disqualified if they swam out of order.

Thanks for the photos, Joy.

41 MOVY Records Fall at Worlds

Bringing us to a grand total of 100 new MOVY records for 2006!

Nan Bohl is a World Champion in the 50 Free, and had four other top 3 finishes while breaking two MOVY records. "It was my first international meet! It was everything I had heard about and then some." Betty Christian had World Champion swims in the 50 Free, 50 Breast and 200 Breast on her way to five top 3 swims and 5 MOVY records. Congratulations to our World Champions. We are proud of you!

Joy Stover turned in some outstanding swims, placing in the top 4 in all of her events. Joy also swam in the open water competition and placed second. Highlights of Joy's experiences at Worlds include, "Reading the heat sheet and discovering that two women from Japan ages 90 and 92 were competing in the 200 Back. Braving the San Francisco bay without a wetsuit and being able to see Alcatraz, the Golden Gate Bridge and the San Francisco skyline with each breath. I would do everything again and I am already getting excited for the 2008 World Championships in Perth, Australia."

David Bresser placed fourth in the 400 IM and fifth in the 800 Free and states, "The meet was awesome- the pool was fast, the competition was top notch and the venue was fun and exciting. It was great to swim in such a fine facility and against some fast swimmers from around the world." For more results turn to page 3.

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Upcoming Events

For more info go to

<http://community.lawrence.com/movy/>

Parkville Meet

November 18

Columbia, MO

December 3

Lawrence, KS

January ?

••••• USMS Short course Nationals

••••• May 17-20, 2007

••••• Federal Way, WA

••••• USMS Long course Nationals

••••• August 10-13

••••• The Woodlands, TX

Gay Games held in Chicago

Several MOVY swimmers traveled to Chicago for the Gay Games and our registrar, Anna Lea Roof, sends us the following story...I attended the Gay Games as the Kansas City team's 'token' heterosexual member. The KC team needed more women for mixed relays, and in a meet where 87% of the participants were male, I won four medals. The 1500 Free was the only event on the last day. Anthony Thompson and I agreed to count laps for each other. The meet was short course meters held in a long course pool with a bulkhead in the middle. There were always two heats in the water with the blocks at each end of the pool, so the people counting laps for both courses all stay on the bulkhead. Having counted laps for Anthony before, I knew to wear my 'wet clothes'. If you've ever seen Anthony's flip turns, you know what I'm talking about. As Anthony swam, the people counting for the lanes on each side of me laughed every time he turned as I got more soaked. Meanwhile, the next heat at the other end of the pool was getting started. The people counting laps for that heat made their way onto the bulkhead. The counter for the lane directly behind me arrived at his station, wearing street clothes and talking on his cell phone. He had his back to our side of the pool. Just then, Anthony did a flip turn. A tidal wave of water left the pool, drenching the back side of the guy in the street clothes. He jumped about a mile and yelled a few obscenities. The lap counters on either side of me roared with laughter.



Pregnancy and Athletes

By Shari Harden

At our zone championships several women were discussing the impact pregnancy may have on swim performance. A couple of the women had recently had babies and although their bodies went through many changes they still felt strong and perhaps even stronger than before the pregnancy. The question was asked... 'Does the stress of pregnancy improve physiological function?' Personally, I have had two cats, didn't gain a pound and I have not noticed any impact on my swim performance, but I thought it was an interesting question and I wondered if I would be able to find any research on the subject. I was pleasantly surprised. From Canada, Finland and Germany to Ohio, New York and Vermont, University researchers are studying the effects of exercise on pregnancy and the effects of pregnancy on athletic performance.

After giving birth, most athletes return to pre-pregnancy performance levels and some even improve their performance level. One study found a significant increase in VO₂ max for recreational athletes post pregnancy, the VO₂ max is a measure of an individual's ability to consume oxygen and generate energy during exercise. The increase in VO₂ max remained through the length of the study (ten months postpartum). This could explain why some women notice an improvement in swim performance after pregnancy.

What do gout, kidney stones and the labor pains of childbirth have in common? Pain, of course. Intense, prolonged pain. Fortunately, for women who exercise, the length of labor is shorter. From two hours shorter in one study to seven hours shorter in another. The second stage of labor, from the time the cervix is fully dilated until delivery of the baby, was approximately half as long for the exercising groups in both studies.

Women who maintain a healthy weight pre-pregnancy dramatically reduce the risk of birth defects in their children. The incidence of heart defects and neural tube defects, such as spina bifida, are much lower in women who are at a healthy weight at the time of conception. Neural tube defects are also associated with inadequate intake of folic acid during the early portion of pregnancy, and birth defects of this type have decreased dramatically (50% to 75%) since folic acid fortification began in Canada several years ago. But for women who are overweight at the time of conception the risk of neural tube defects remains high. For every 22 lbs. of extra weight, the risk increases by about 20%. It is important to note that losing weight during pregnancy will not benefit the baby and may have adverse consequences.

The baby also benefits from mom's exercise routine. Babies born to mothers who exercised during pregnancy weighed less and had less fat at birth and at 5 years of age. The children also performed better on tests of intellectual ability and oral language skills than children from moms who did not exercise during pregnancy.

The benefits of exercise never cease to amaze me. Now we have a few more good reasons to keep swimming, and biking and running.

References

- Obstetrics & Gynecology 2005;105:261-265.
Clapp JF 3rd. J Pediatr. 1996 Dec;129(6): 856-63.
Clapp JF 3rd, Capless E. Med Sci Sports Exerc. 1991 Oct;23 (10): 1128-33.
Beckmann CR, Bechmann CA. J Reprod Med. 1990 Jul; 35(7): 704-9.



Shari Harden, MOVY Swimmer and Newsletter Editor, spent the month of July in the **Galapagos islands** studying Frigatebirds and Red-footed Boobies. Specifically, the parasites in the blood of the birds. Fourteen days were spent on the uninhabited island of Genovesa which is just a chunk of volcanic rock with ample bird poop. Every evening we cleaned up by swimming with the seal lions, stingrays and turtles so it wasn't all bird poop and parasites.

Nazca Booby, Genovesa,
Galapagos Islands, Ecuador



News & Notes

FINA Worlds

"The meet, the organization, and the facility were staggering in their scope. Watching how well it ran with 5600 competitors was amazing. The relay day was by far the most fun... that's right, a whole day of just relays... Twice we were able to go out for big dinners, which was a treat too." Bill Sherman

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|-----------------|------------------|----------------|
| *Susan Blattner | *Nan Bohl | Bobbie Braden |
| *David Bresser | *Betty Christian | |
| *Bruce Diel | *Rob Dunscombe | *Beth Eldridge |
| *Barry Holcomb | *Fred Hoppe | David Orwick |
| *Andrea Packard | Darcy Paul | *Tony Rezak |
| *Bill Sherman | *Tony Stewart | *Joy Stover |
| *John Tanner | Anthony Thompson | |

*Set new MOVY Record(s)

USMS Annual Convention Dearborn, MI

Report by Joy Stover

About 220 delegates from across the country attended. MOVY was represented by Anna Lea Roof, Joy Stover and Anthony Thompson. For the past year, USMS has been engaged in a search for an Executive Director. USMS has narrowed the list of candidates and is preparing to make an offer to one of them. Beginning early 2007, it will be possible to register online with USMS. Renewals can also be completed online. A rule was passed clarifying that wearing a watch during an open water competition is allowed. The 2008 short Course National Championship will be held at the University of Texas at Austin. The 2008 Long Course National Championship will be held in a newly renovated pool in Mt. Hood, Oregon (near Portland).

Al Fisher sends sincere thanks to all his MOVY friends for their congratulations and good wishes when he became our only active Nonagenarian. Al had planned to celebrate his 90th birthday at Worlds, but remained home with pneumonia instead.

Hey Guys!
Did you read the headline on the previous page and immediately skip to this page? Feel free to send me ideas for future topics you would like to see in the Newsletter. Did you see the Booby picture I included for you?

Lindsey Urbatchka, Lawrence Sharks, spent the summer as an intern at the Mayo Clinic in Rochester, MN. Although she worked 60+ hours/week she still managed to swim 3-4 times per week.

Missouri Valley Officers

Chairman:
Anthony Thompson
913-262-2464
SwimTotoSwim@msn.com
MOVYchair@usms.org

Registrar:
Anna Lea Roof
913-642-5484
AnnaLea@usms.org
MOVYregistrar@usms.org

Treasurer:
Ellen Haden
EMHaden@aol.com
MOVYtreasurer@usms.org

Webmaster:
DanTwedt
785-832-0858
MOVYwebmaster@usms.org

Sanctions & Officials:
Dulcy Sellon
785-842-0771
MVSswim@sunflower.com
MOVYsanctions@usms.org

Newsletter Editor:
Shari Harden
816-229-3979
Kestrel277@comcast.net
MOVYeditor@usms.org

Records & Top Ten:
Bill Sherman
816-363-6215
BSherm81@kc.rr.com
MOVYtopTen@usms.org



The gang at Worlds

Electronic Timing System, Ample Timers Soundproofing on the Walls.

What more could you ask for? The meet in Olathe this past weekend included all of the above. The meet was held as a fund raiser for Olathe Northwest High School Swimming Teams.

MOVY Newsletter Editor
Shari Harden
513 NE Grant Dr.
Blue Springs, MO 64014

Where to Swim???

Check out the MOVY website for places to swim.

<http://community.lawrence.com/movy/>

Attention MOVY Swimmers
Please send articles, meet
information or anything of
interest to
kestrel277@comcast.net
For the next edition of Swim-
Talk.
Thanks!!