



SwimTalk Fall 2007



Joy Stover Conquers Big Shoulders

Joy tells the tale of how she won her age group in the 5K...

The Chicago swim was really fun this year! Last year for Big Shoulders, the weather was really yucky. It was windy, rainy, and the lake was very, very choppy! This year, the weather was perfect...72 degrees and relatively calm. I did a better job of staying on course this year...I finally figured out which tall buildings are in alignment with the orange buoys. It's much easier to keep my sights fixed on the tall buildings...they don't tend to disappear in the waves the way the buoys do! I also have started to kick more (thanks to Tony Stewart and Derek Shipp!) and that really pays off in open water swimming. Kicking helps me stay balanced in the water. Before I started kicking, I think I was swimming "uphill" more than I needed to be. Big Shoulders is one of my favorite events each year. It's well run, and with over 675 swimmers (about half do the 2.5K and half the 5K), it's competitive and attracts swimmers from all over the midwest. Plus, it's hard to beat seeing the skyline of Chicago the whole swim.

She was the third woman and eleventh person to finish the 5K. Joy plans to travel to Australia for the World Championship next April and she would like some MOVY company.

USMS Convention News

—The Breadbasket Zone Championships will be in Denver on March 28, 29, and 30, 2008. The pool is on the campus of Denver University.

—There will be a new USMS Open Water National Championship next year! It's will be a 25K race at a lake 45 miles north of Indianapolis on July 19, 2008. The event will take place in the "idle" zone within a marina, so it will be calm water. It will be 5 loops around a 5K course. The hosts are excited about it and are planning a pasta dinner the night before the race and a post-race dinner/celebration. I'm planning on going and hope to see some of you there!

—The 2009 Short Course National Championships will be in Indianapolis at the IUPUI pool. It's a fabulous, relatively-close-by facility. It's never too early to make a goal and work towards it!

—Online registration is coming! It will soon be possible to renew your USMS registration online. The system may not be in place for early 2008 registrations, but it should be ready by mid 2008 and beyond.

—Do you make purchases on Amazon.com? Next time you want to shop at Amazon.com, go to www.usms.org first. Then click on the Amazon.com logo on the bottom right-hand side of the page. This will bring you to Amazon.com. USMS receives a financial benefit any time purchases are made on Amazon when it is accessed through the USMS website.

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Upcoming Events

For more info go to

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

Oct. 13

Olathe Pentathlon
Olathe, KS

Nov. 17

Park Hill Meet
Park Hill, MO

Dec. 1 & 2

Mizzou SCM Meet
Columbia, MO

April 2008

FINA Worlds
Perth, Australia



Future Backstroker
Natalie Quinn Gray



Swimming into Stardom

By Anna Lea Roof

The subject line of the e-mail from our Masters coach intrigued me. "Female Swimmer Needed for TV Commercial," it said. "Wright/Laird Casting is seeking strong SWIMMERS for a regional television commercial for Research Medical Center. We are looking for women, ages 35-50, any race, who are able to swim short distances, in spurts, over several hours. **The woman who is hired for the commercial will be paid \$600.00.** The commercial shoot will take about 4-6 hours, on one day, either April 21 or 22. Interested swimmers should contact Wright/Laird Casting IMMEDIATELY to schedule a casting appointment."

"Wow," I thought. A chance to get paid to SWIM? I'd put in a lot of volunteer hours for Masters Swimming (local Registrar, national Board of Directors) but it never occurred to me that I could make money off my hobby. And \$600.00 for a few hours of swimming could pay for a lot of future Masters workouts. I immediately called to schedule an appointment.

The Casting Call.

The appointments were all scheduled for the same afternoon at a local YMCA. They told us to wear our swimsuits, as the try-outs would include some swimming. When I got there I realized that a lot of my teammates had also signed up. I knew a lot of the women there, including my lane mate, Kelly. We put our suits on in the locker room and walked out to the pool deck. It didn't take long to figure out that those trying out fell into one of two categories. There were the Swimmers, and there were the Models. The Swimmers all wore Speedos, brought goggles and caps, and didn't wear makeup. The Models were a different story. They had perfectly-coifed hair, manicured nails, loads of makeup, and revealing swimsuits. Some of them seemed to know each other, probably from other casting calls. They eyed the Swimmers suspiciously. The woman in charge explained how the auditions would work. One at a time, we would be "interviewed" while being videotaped on the pool deck. This consisted of short answers to just one or two questions. Then we would be videotaped as we each swam 4 lengths of the 25-yard pool. We were told to dive in (off the pool deck) at one end of the pool. The Models began to look a little uncomfortable. The Swimmers didn't flinch. Kelly and I watched as the auditions began. We weren't close enough to hear what sorts of questions they were asking, but the Models all seemed very comfortable in front of the camera. While the Swimmers didn't appear nervous, it was obvious that they didn't have quite the same "presence." The pool was a different story. For the Swimmers it was a less-than-two-minute workout. The Models all attempted to dive in, some with questionable success. Some were decent swimmers (even with loose-flowing hair and no goggles). Kelly and I worried about a few of them, for whom 100 yards must have seemed like an eternity. Thankfully, the woman in charge told one Model to stop at 50 yards. I think she knew that was preferable to having the lifeguard jump into the pool.

The Commercial

We all went home, wondering who had earned the \$600.00 job. My teammates and I continued to wonder, as none of us ever got "the call." A few weeks later I saw the commercial on TV. Music played as a woman swam laps. Text captions at the top of the screen described Research Medical Center's expertise in cancer treatment. The commercial ended with a shot of the woman hanging onto the side of the pool at the end of the lane. I didn't recognize the woman in the commercial; she must have been one of the Models. She had a nice stroke, though. The commercial aired over a period of several weeks. Some of my teammates saw it, too. We all agreed that while we were disappointed that none of us got the job, the experience of auditioning was worth it. And we're all ready to audition again if we're ever called!



Passing of a long-time MO swimmer

Jim Pinkerton, died on July 8th. Jim and his wife Midge had just celebrated their 50th anniversary ten days before, and had a lovely open house for 130 friends. Three days later his Alzheimer's started to shut down his system. The doctor did not think he would last more than a day or two, but his heart was so strong from his 20 years of swimming three days a week in the Masters swim club at the University of Missouri, that he lasted until the next Sunday. Al Hahn, a longtime friend and a fellow swimmer, was one of his friends who spoke at his funeral.

I know he was glad to be a swimmer with all of you.

Midge Pinkerton

Workout from Terri Lees

Warm Up 75 Free/50 Back X 5

Drills 8 X 50 Fly down easy, back hard

4 X 100 Kick with fins

Main set 4 X 200 Broken (faster than race pace) 5, 10 or 15 seconds between each 50

Drills 4 X 100 Breaststroke (pull, drill, kick, swim by 25)

Sprints 4X 25 sprints on 1:30 breast or fly

Cool down 200 Free—drills with fins

Total 2900 yards

Thanks Terri!

Workout s in Blue Springs at the YMCA
Mon. and Wed. 5:00—6:00 am
Sat. 7:30—9:00 am
Contact Courtney.Crutchner@southlaw.com

Congratulations to **Tim Waid**
Second place at the 10K Open Water National Championships.

A Note from Jen Gray

Trevor and I welcomed our 2nd little girl into the family on August 25, 2007. Her name is Natalie Quinn Gray - she was 2 weeks early and weighed 7 lbs., 9 ozs and was 20" long. We had a quick and easy labor and baby Natalie and family are doing great! Hope all is well in KC! Miss you guys! I hope that once I get back working out with my team, some MOVY members will meet me in Ohio for a meet! I'll keep you posted as to upcoming events in Ohio!

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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!!