



SwimTalk Spring 2008



Car “pooling” has everything to do with swimming

By Laurie Reaburn, MOVY Co-Chair

With the recent meet in Columbia, MO, a few of my fellow swimmers and I were able to carpool in order to save on the small fortune one shells out at the pump these days. While convenience and cost were the primary reasons our group chose to carpool, the hidden benefit turned out to be our team’s performance at the weekend meet.

We hit the road early enough to ensure we could pick up a fellow swimmer, and of course stop to stretch and get something to eat before arriving in Columbia. Unfortunately for my teammates even a 15 minute car ride finds me answering the call of nature, so there were a few more stops than expected! With six people in Bill Sherman’s van, there were many conversations but the subject always led back to swimming. What was everyone swimming? What did people hope to accomplish? How long did it take for Bill to shave his chest? All important questions with equally important answers and before we knew it we were in Columbia.

Thinking back to some childhood memories of family road trips, one can almost always envision greatly needing a break from parents and siblings, especially by the time they reach their destination. When our group arrived, we made sure that everyone had everything they needed to swim fast. Even more, during our trip it seemed like we created our own “family” as everyone watched out for each other throughout the weekend. Bill would cheer extra loud and try to make sure relays were going to break records. Bob would make sure that people’s splits were being taken. Russ was encouraging and had some great swims for coming back after a big break of 20 years from the pool. Shannon our die hard KU fan was busy trying not to get itchy from the Mizzou paraphernalia. Beth was making sure that we all swam butterfly smart. It seemed like we each had a role to ensure we all swam fast. By the end of the second day, we were exhausted and we began our trek back toward home. We recounted our many fast swims and talked about what we needed to improve upon. Most of all, we spoke about how great it was to travel together and how we needed to car “pool” together again. Not every trip is like the one we had to Columbia, but I know that with each new car “pool” adventure there will be one thing –some fast swimming!

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For more info go to

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

April 2008

FINA Worlds

Perth, Australia

May 1-4

USMS National Champ.s

Austin, TX

June 14

5K/10K Postal

Roeland Park Aquatic Center

8:00am

July 19

5 X 5K Open Water Relay

Noblesville, IN

Aug. 14–17

USMS National LCM Champ.s

Mt. Hood, OR

August 23

2.4 Mile Open Water

National Championship

Madison, Wisconsin

My Last Issue of Swim Talk!

This will be my last issue of SwimTalk as the Newsletter Editor. I would like to thank all of the people who wrote articles and sent workouts, etc. It made the job much easier!

More Upcoming Events...

June 20

Sunflower State Games

Topeka, KS

August 1–3

Show-Me State Games

Columbia, MO



My Best Time

Neil Salkind

We enjoy the senior games for lots of reasons – the opportunity to continue competing as we get older, challenge ourselves, watch superb athletes do things we have only read about, and friendships – finding new ones and renewing old ones. For me, in Louisville, it was about great swims and best times.

It started the previous summer with a Saturday afternoon phone call that interrupted my nap (following one of those "special" morning workouts). My college teammate with whom I swam at the University of Maryland some 40 years ago was calling and as so many of us have experienced, we picked up right where we left off. "Hey Neil, I saw your name in USMS Swimmer (the United States Masters Swimming Association magazine) and the National Senior Games are in Louisville next summer. Any interest in meeting there for some fun?" Some fun? I was in. "You have to qualify through your state games – ours are in August in Arizona", he continued, "I'm not sure when yours are in Kansas, but let's try and meet up." It was the next line that sealed it. "Doug's coming as well."

The hope for the renewal of my friendship with Doug, one that took an almost four decade break was too much to pass up. Doug and I talked by phone every few years and knew where we were in work, parenthood, and swimming, but we hadn't seen each other since our marriages the week after school ended in 1968, when we were best men at each other's wedding. Doug was my college roommate and an introduction to what college swimming would be like. He was a natural – capable of swimming at a level reserved for the best – on his way to becoming a conference and perhaps a national champion. He was the big fish in that very big pond. I was quite happy being a small fish in that same pond, grateful just to swim at a very high level of competition.

The plan was to come by our home in Kansas, stay a night or two and then drive in a caravan to Louisville. In his familiar role, he took charge of the prelims (getting there) and we arrived, meeting Dave. I was about as nervous as ever for my first event, and as he did 40 years before, Doug talked to me about focusing on what I needed to do and how I could do it. He did that for each of my six events – offering tips and suggestions that got me out in front, leading me to swim personal bests.

It was the last event of the last day - the 500 yard freestyle and the end of three days of swimming and I was about as tired as everyone. Doug had won all four of his events, setting two national records along the way and he and his wife Nancy, had a long trip ahead of him to their fall destination. While he finished early in the day, he insisted on staying around to count laps for me. I was swimming well, but this was always my best race and I looked for an even better swim. So, there I am – back 40 years ago – listening and I mean really listening – and recalling how he helped guide me then as he did the same now. He watched my competition in earlier races and told me who I had to beat to place and how I should swim the race. I stared at him thinking how after all these years, not much had changed. I swam the best race of my life, lowering my personal record by 10 seconds and placing just where I wanted. It was that high that many of us know about, and only comes a few times in a competitor's career.

With the race finished, and Doug ready to leave, we had a few moments to say goodbye. What I already knew, but further realized, was that he once again he taught me the true meaning of what a friendship is, where you give without expecting anything back – and it simply the best time I could imagine. We're in touch now and that will continue with plans to get together where he coaches and we can swim together.

What a set of bests and what a special trip to Louisville.



Take the Plunge Susan Blattner

As a sport, swimming has a lot going for it. It's clean, refreshing, safe (injuries are virtually nonexistent), and a very effective whole body workout. As a Corporate Challenge event, the news gets even better. Swim events are short enough that you don't have to train hard to participate; the 50 yard events, for example, are just two pool lengths. And you know those fancy start dives performed by Olympians? Forget about it. At Corporate Challenge swim meets, you don't even have to dive off the block if you don't want to. Aside from a swimsuit, no equipment is required. But if you prefer that sporty swimmer "look," Team Lenexa will gladly loan you goggles and a cap. Best of all, Lenexa swim team members are a fun bunch who revel in the storytelling of past challenges. The war stories, they say, are the best part. Take, for instance, the year when Team Lenexa almost lost a swim suit on a turn, swam with water-logged goggles, and yet still managed to finish strong enough to earn a first place finish in their division and take home the Gold. We are allowed up to 20 members on the swim team, but with just 6 swimmers each year for the past two years, Team Lenexa accumulated enough swim meet medal and participation points to be crowned Division Champs and Co-Champs.

Mike Calwell has served as the starter for the Corporate Challenge swim meet for the past 25 years, and he still marvels at the spirit, camaraderie, and pure joy shared by team members at this annual event. Team Lenexa is actively recruiting swimmers to fill spots for the relay and individual events in this year's Corporate Challenge. With the deadline fast approaching and lots of slots yet to fill, contact Susan Blattner, Lenexa swim team representative, at ext. 7130 to sign up today.

Notes from Mike Calwell...

This year we move to a new state of the art facility. The City of Gladstone has finished construction on their indoor recreation center. It houses a beautiful 25 yard by 8 lane pool with all new automatic timing and a large televised screen that prints the swimmers name and place for all spectators to see. Four warm-up lanes are provided adjacent to the competition pool. With our new and improved computer check-in system, the traffic flow to pool deck is much improved. Spectator seating is ample and the hosts are enthusiastic and helpful. This is shaping up to be the best venue ever. Don't worry if it's your first time, because there is plenty of help from the old timers, and we promise not to let you drown.

Several MOVY swimmers are going to the **FIRST 25K Open Water Masters** event in Noblesville Indiana this summer, July 19. Just north of Indianapolis, it is a 9.5 hour drive from Kansas City or a quick flight to western Indy airport.

If you would be interested in participating in 5 x 5K RELAY event on a MOVY team, please contact Anthony Thompson at swim-totoswim@msn.com or call 913 262 2464. Many MOVY swimmers have done the 5K or 10K over the last few summers, and this "nearby" open water championship would be a great road trip for our MOVY Club team!!!

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Where to Swim???

Check out the MOVY website for places to swim.

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

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Thanks!!