



SwimTalk Winter 2007



State of MOVY Address

By Anthony Thompson, Chair of MOVY

IN 2006, MOVY had a number of exciting events and results of note. MOVY sanctioned 9 events in 2006, which is more than in recent history, with 6 in 2005, and 4 in each of 2002, 2003, and 2004. Sanctioned events resulted in profits for the organizing groups including; Lawrence Masters (River City Sharks), Pittsburg Masters, Old Pike Country Club Summer Swim Team, Blazers Masters, Olathe NW High School Swimming, Park Hill High School Swimming, Missouri Valley Masters and St. Louis Area Masters.

The Lawrence Masters hosted our first USMS long-Distance National Championship with the 5K/10K Postal meet. As host, swimmers from MOVY participated in both the 5K and 10K events as well as relays, posting our highest team result at a national championship with 4th in the 5K and 3rd in the 10K overall team. Many individuals and relays were honored with Top Ten USMS awards, including the following **NATIONAL TITLES to: Joy Stover** (5K Women 30-34), **Lindsay Urbatchka** (10K Women 18-24), **Joy, Lindsay, and Liz Johnson** (5K women 18+ relay **New National Record**), **Joy, Lindsay, Doug Nelson, and Anthony Thompson** (5K Mixed relay), **Mark Bergert, Kent McDonald, and Neil Salkind** (10K relay), **Lindsay, Kent, Neil and Maria Eifler** (10K Mixed relay). Congratulations to all who participated and to the Lawrence Masters who hosted the national postal event. The full results have been posted at USMS. Org

MOVY had a first sanctioned masters meet in Pittsburg, KS in February 2006 (with another meet planned for Saturday, 17-February -2007) and our first SCM meet in Columbia, MO at the new University of Missouri Aquatic center.

We had our first outdoor All-relay meet on 20-Aug-2006 at Roeland Park, including 4 relays with USMS Top Ten times for the LCM season. In 2007, we plan to return to the winter-spring indoor format on Saturday, 3-March-2007.

MOVY sent a record 20 people to the FINA Masters World LCM Championships at Stanford, California. MOVY garnished several WORLD CHAMPIONSHIP TITLES from: **Betty Christian** in Women's 80-84 50 Free (49.43), 50 Breast (1:06.48), and 200 Breast (5:27.60), **Nan Bohl** in Women's 75079 50 Free (39.90). The following swimmers took home Top Ten World Championship medals as well as USMS LCM Top Ten Times for the 2006 LCM season as individual or relay swimmers: **Betty, Nan, Susan Blattner, David Bresser, Rob Dunscombe, Beth Eldridge, Fred Hoppe, Andrea Packard, Darcy Paul, Tony Rezek, Bill Sherman, Tony Stewart and Joy Stover.**

Speaking of records, the MOVY swimmers combine broke 136 MOVY records over the course of the calendar year for 2006. MOVY also had **3 FINA World Records** broken at our SCM meet in Columbia, MO by **Edith Hendry** of St. Louis Area Masters in the Women's 95-99 Backstroke events.

MOVY has a lot planned for 2007! Watch the website for our "Upcoming events". <http://community.lawrence.com/movy/> Encourage your workout group to participate in the Fitness Challenges, Postal Events or attend one of MOVY's sanctioned or recognized events. Let the MOVY officers know if you have ideas to grow the organization or need support with activities in your local workout group.

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Upcoming Events

For more info go to

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

Feb. 17

Pittsburg Meet

March 3

All-Relay meet

Roeland Park

••••• USMS Short course Nationals

••••• May 17-20, 2007

••••• Federal Way , WA

••••• USMS Long course Nationals

••••• August 10-13

••••• The Woodlands, TX

Favorite Events of 2006...

Omaha Breadbasket Zone Meet

The camaraderie with all of the people from KC. It was so much fun driving up with everyone and being able to compete as a team. Something I haven't done or felt for quite a long time. I want to truly thank everyone who helped make that weekend so special for me. I look forward to many more meets/road trips with all of you!

Paul Deveaux

All-Relay Meet

March 3, Roeland Park

*Just show up! Relays are assembled on deck.

*Some years every person in attendance achieved a national top ten ranking in at least one relay.

*It is a great workout if you swim relay after relay.

The Fugate brothers did all 13 races one year. Doesn't that sound like fun? I didn't think so either.



Announcing the new 2007 USMS Fitness Event: Go the Distance!

A new fitness event is being offered by the USMS Fitness Committee. The name of this new challenge is "Go the Distance"!

The objective of this event is for participants to track the distance they swim during the year 2007. When participants achieve specific distance milestones of 50 miles, 100 miles, 250 miles, 500 miles, 750 miles and 1000 miles – they will be recognized on the USMS website and awards will be available for purchase (for a minimal fee).

There is no cost to enter this event. Participants are requested to e-mail (or use snail mail) to submit the total distance they swim each month. A list of miles per month and cumulative mileage will be tabulated for each swimmer. Once a distance milestone is achieved awards will be available for purchase. They will include swim caps, certificates, patches and t-shirts with the event logo and the distance of the milestone achieved. Details on these awards and how to purchase them will be available soon.

Each month the results will be updated on the USMS website in the Fitness Section. There will be lists to recognize all those that have achieved each distance milestone. Participants will also be able to look up their current total as well as view their progress toward the next distance milestone. In addition there will be graphs illustrating the participation for each zone, lmsc, age groups etc..

This event was designed to encourage folks to track the distance they swim in order to review their progress and to be recognized for their achievements. There is no time limit for the distance milestones (except that it must be in 2007) so speed does not count – just the effort to attain the next goal. We wish to recognize participation and achievement of goals with this event.

There will be an entry form, monthly results, award request form and a "distance tracking log" available on the USMS website (fitness section) soon. The log can be used to track one's daily distance swum but is not required.

The Canadian Masters have a Million Metre Challenge that is quite successful. This event is similar in design but will be implemented a bit differently in the beginning. And of course, our goals will be in miles instead of meters!

I would very much appreciate it if you could spread the word to folks and consider participating yourselves! If you need any more information or would like to comment and make suggestions please contact Mary Sweat at gothedistance@swimoregon.org

Wishing you lots of fun swimming in 2007!

Mary Sweat

For the USMS Fitness Committee

The event starts this Monday - January 1, 2007 - so please start logging your miles right away!

There will be a "swim mileage tracking log" on the website (fitness section) that will be available soon that you can use for this event. However, it's not required that you use it to enter the event. A simple email to gothedistance@swimoregon.org (see entry form for more details) with your mileage swum at the end of each month is all that is necessary. This event is for USMS Members Only at this time. 2007 USMS IDs will be required. We will evaluate this event later this year to see if it would be feasible to open it up to others.

I hope to hear from you at the end of January with your first month's mileage!
Mary

A Master's Team on the East side of K.C.?

Courtney Crutcher would like to start a team on the East side of the city. If you live in the Blue Springs, Independence, Raytown, or Oak Grove area and are interested in swimming on a team, please e-mail Shari Harden at kestrel277@comcast.net or Courtney.Crutcher@southlaw.com

TriKC Women's Triathlon Workshop March 4 at KU Med Fitness Center

Learn about open water swimming, cycling, running, nutrition and transitions all in one day.

More info at the TriKC website or contact Shari at kestrel277@comcast.net



News & Notes

It's Official!

Edith Hendry set Short course meters World records December 3, 2006 at the meet in Columbia at the MU aquatic center. She set the backstroke records for the 95-99 age group in the 50 M back (1:27.92), 100 M back (3:25.37), and the 200 M back (7:36.62). Ms. Hendry's times also establish the first USMS National records for her age group in these events. Congratulations Edith!

More Favorite Events of 2006

The **Columbia meet** was my first meet (after 15 years of driving my kids to their swim practices and watching their meets). I thoroughly enjoyed the experience. Thank you to Marianne Erickson for showing me around. The meet has motivated me to keep showing up at practice and learn as much as I can.

Joyce Spainhower

The **USMS Short Course Nationals** in Coral Springs, FL I won the Gold in the 50 and 100 Back and Silver in the 50, 100 and 200 Free. My favorite memory of that event was seeing old friends from my convention days and other friends that I have swum with in other national and international meets.

Marie Kreipe

All-Relay meet at Roeland Park

I love swimming outside and I love long course meters. It was fun to have a group of women to set records with. Our workout times are Tuesday and Thursday 7:30–8:30am.

Terri Lees

Aquatic Supervisor North Kansas City Community Center

From **Ad Astra**, I enjoyed swimming the 400M IM for the first time in 10 years. From **Park Hill**, I enjoyed sticking out the lightening delay while hanging out with other MOVY swimmers. The **relay meet** was my favorite since we were all teammates and we broke a lot of records! Seeing Lisa Elsner anchor the 800 Free relay was the best! We were so excited!

Jen Gray

Water Polo Party

01/01/07

The Blazers had a Water Polo swim party on new years day. Derek Shipp was kind enough to lifeguard for us and there was a TON of pizza. There were children of all ages. Although it was cold enough to turn little lips blue, you still couldn't keep them out of the water. It is a wonderful event that encourages future generations of swimmers.

Lisa Mische-Lawson

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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!!**