

SAN DIEGO-IMPERIAL (SI) LOCAL MASTERS SWIM COMMITTEE (LMSC)

<http://www.simastersswim.org>

2006-2007 SI LMSC NEWSLETTER November 2006

SAN DIEGO-IMPERIAL LMSC MEMBERSHIP RENEWAL PACKET CONTENTS:

Pre-printed Membership Renewal Application for 2007 and Information; Event Calendar; Entry Information, SI LMSC Information; USMS Updates, Convention Reports, & Committee Reports; USMS Rules Changes.

USMS MEMBERSHIP RENEWALS:

Enclosed is a pre-printed, individualized 2007 membership form. **Review the printed information.** Cross out incorrect and outdated information. NEATLY PRINT the corrections. There are some additional questions on the 2007 form which need to be answered. Your current 2006 USMS membership expires on 12/31/06.

Renew now to continue receiving membership benefits, to be eligible to participate in USMS programs, and to receive the National Publication *USMS SWIMMER* without interruption. Membership cards will be mailed to you, and you do not need to include a self addressed, stamped envelope. If you chose to make a contribution to the USMS Foundation, the San Diego-Imperial Local Masters Swimming Committee, and/or the International Swimming Hall of Fame, we thank you for your generosity and financial support.

Many workout groups require USMS membership which provides liability insurance coverage for the workout group when all swimmers are current USMS members and when the coach on deck is either a USAS or USMS member. USMS members have secondary accident insurance: 1) in practices supervised by a USMS member or a USA Swimming certified coach where all swimmers are USMS members; 2) in USMS sanctioned meets where all competitors are USMS members. The 2007 Membership is effective 11/01/2006 through 12/31/2007.

At membership renewal time, you may immediately change affiliation from one club to another without the usual 60 day period of not competing or of competing unattached (not affiliated with any club). To transfer from one club to another at any time other than the membership renewal time, you must file a change of affiliation form (\$3 fee) to become unattached, swim unattached for 60 days, and file another change of affiliation form (\$3 fee) to transfer to the new club. Alternatively, if you have not represented your original club for at least 60 days in any masters recognized or sanctioned event including pool, postal, long distance, open water, and fitness events, you may file a change of affiliation form (\$3 fee) and switch from one club to another.

Permanent identification numbers are issued to USMS members. Your membership number contains a permanent ID that will not change from year to year and a variable section which represents your LMSC code (44 for San Diego-Imperial), the year, and a variable letter or number. If you register in another LMSC or after a lapse of time and forget your most recent member number, please notify the registrar that you once were a USMS member regardless of the gap between membership years. The registrar will locate your permanent ID and issue a valid member number which will reduce duplication and the time involved in making the corrections. Some of the membership numbers are difficult to read. The letters "O/o" and "Q/q" are NEVER used; the number ZERO (0) IS USED. Unfortunately, the letter "D" sometimes looks like a zero. The letters "I/i" and "L/l" are NEVER used; however, the number ONE (1) IS USED. It may be difficult to distinguish between the letter "B" and the number eight (8), the letter "Z" and the number two "2," and the letter "S" and the number five "5." Your correct current membership ID number appears on your preprinted membership renewal application form.

Diving/Pool Entry SAFETY NOTICE and REMINDER to ALL MASTERS SWIMMERS and COACHES

The USMS insurance carrier has notified us that the "no diving" rule needs to be enforced during supervised masters workouts and that Masters insurance may not cover circumstances where this rule has not been followed. The *USMS Rule Book* states that "Swimmers must enter the pool in a cautious and controlled manner. Diving shall be permitted only in designated lanes" (102.4.2). Swimmers should carefully enter the pool feet first to avoid hitting and injuring other swimmers. Coaches need to inform workout swimmers of the rule and enforce compliance at all workouts or in warmup/warm down lanes at meets. Practice of racing starts, including the forward start from the block, deck, or wall as well as the backstroke start, should be closely supervised in a "one way, dive only" lane or when there is only one swimmer per lane.

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REPORTS from USMS CONVENTION, September 13-17, 2006, in Dearborn, Michigan

A tremendous amount of work was accomplished by committees and officers throughout the year and by the delegates, committees, and officers during the 2006 USMS National Convention, a series of working meetings held in conjunction with annual meetings for US water sports including Masters, USA Swimming, Waterpolo, Diving, and Synchronized Swimming. Delegates from San Diego-Imperial LMSC ensured representation of SI LMSC interests. During the House of Delegates meetings, actions were authorized which will affect USMS for the upcoming years. Highlights, important decisions, and rules changes are listed below.

The following volunteers representing SI LMSC and USMS deserve our thanks: Barbara Dunbar, USMS History & Archives Committee Chair and a member of the USMS Records and Tabulation Committee and the Ad Hoc International Swimming Hall of Fame Nominating Committee; Marilyn Fink, a member of the USMS Legislation Committee and the USMS Registration Committee; Mark Wussler, an SI LMSC Delegate and a member of the USMS International Committee and the USMS Sports Medicine, Health and Safety Committee. Unable to attend this year's convention were SI LMSC delegate Dan Peck and USMS Coaches Committee member Eric Neilsen. Meeting minutes can be found at "<http://www.usms.org/admin/conv06/>."

The Board of Directors adopted a member information confidentiality policy. "1) In the course of fulfilling its mission to promote fitness and health in adults by offering and supporting Masters swimming programs, USMS collects and creates confidential information. The purpose of this policy is to ensure that disclosure of confidential information is limited to authorized persons and authorized business purposes. 2) Directors, employees, contractors and volunteers of USMS shall not disclose, divulge or make accessible confidential information belonging to or obtained through USMS or its members to any person, other than to persons who have a legitimate need for such information and to whom USMS has authorized disclosure. Directors, employees, contractors and volunteers shall use confidential information solely for the purpose of performing services for USMS. This policy is not intended to prevent disclosure where disclosure is required by law."

CHAMPIONSHIP COMMITTEE

The **2007 USMS Short Course (Yards) National Championships** will take place on May 17-20, 2007, at the Weyerhaeuser King Country Aquatic Center, Federal Way, WA. The **2007 USMS Long Course (Meters) National Championships** will be held at The Woodlands Aquatic Center in The Woodlands, TX, on August 10-13, 2007. A **graduated meet surcharge** was approved for the 2007 LCM National Championships to spread out the work load involved with processing meet entries and to encourage early entry. The meet surcharge will be the following: \$40 if entries are received by June 22 (seven weeks prior to the meet); \$45 if entries are received by July 6 (five weeks prior to the meet); \$80 if entries are received by July 13 (four weeks prior to the meet). Those who enter during the last week will pay a much higher surcharge, however, the graduated surcharge allows the meet deadline to be moved from 35 days to 28 days before the date of the meet.

The **2008 Short Course Yards National Championships** will be held at the University of Texas, Austin, TX, with tentative dates of April 24-27. The **2008 Long Course Meters National Championships** were awarded to Mt. Hood Community College, Gresham, OR, and will be held on August 14-17, 2008.

FINANCE COMMITTEE, MEMBERSHIP DUES TASK FORCE

The Membership Dues Task Force proposed increasing 2007 dues. This action was deferred a year by the House of Delegates. Membership fees for clubs, LMSCs, and swimmers will remain at the current level for 2007. The House of Delegates voted to increase individual swimmer membership dues for 2008.

FITNESS COMMITTEE

The Fitness Section on the USMS web site contains fitness articles, information, and events such as the 30-minute swim, the virtual swim series, and the check-off challenge as workout goals for fitness swimmers.

HIGH-ALTITUDE MASTERS TRAINING CAMP

Former USMS President Nancy Ridout announced progress towards reinstating the high-altitude masters training camp at the U.S. Olympic Training Center in Colorado. If details can be worked out by December, there will be a training camp in 2007, otherwise it will be in 2008. The swimmer application form is on the USMS website at <http://www.usms.org/coach/usotcswimmerapplication.pdf>. Applications can be emailed to "nancyridout(AT)mindspring(DOT)com." Consideration will also be given to applications on file from last year. If you applied last year, please follow up and notify her that you are still interested in attending.

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INTERNATIONAL SWIMMING HALL OF FAME (ISHOF)

The USMS ISHOF nominating committee has nominated **Karlynn Pipes-Neilsen (San Diego Swim Masters)** as the USMS nominee to be considered for possible induction into the International Swimming Hall of Fame in 2008. Since 1965, the ISHOF selection committee, which is composed of international members, has voted to select inductees from the international aquatic sports of swimming, diving, water polo, synchronized swimming, masters aquatic disciplines (swimming, diving, water polo, and synchronized swimming), as well as contributors and pioneers. There were no USMS members selected for induction into the ISHOF for 2007.

INTERNATIONAL MASTERS SWIMMING HALL OF FAME (IMSHOF)

In 2003, the International Masters Swimming Hall of Fame (IMSHOF) was formed to recognize achievements by masters athletes from masters swimming, masters diving, masters water polo, masters synchronized swimming, and masters pioneers/contributors. The athletes to be inducted into IMSHOF for 2007 include masters long distance swimmer Suzanne Heim-Bowen, masters diver Tom Hairbedian, and masters swimmers Jean Durston, **Karlynn Pipes-Neilsen**, Woodrow Bowersock, Sandy Gellatly, and Ronald Johnson.

NATIONAL DATABASE ADMINISTRATOR & NATIONAL CONTROLLER REPORTS

Membership for 2005 was 42,674, an increase of 1.5 percent over 2004. Final 2006 membership numbers are expected to be higher with the possibility of reaching 43,000. Eighty percent of our revenue is derived from dues. Additional advertising income is now being generated by our publication *USMS SWIMMER*.

XI FINA MASTERS WORLD CHAMPIONSHIPS

The 11th FINA Masters World Championships held at Stanford in August was the largest US aquatic event this year with 7,300 entrants representing 72 countries. The US accounted for 3,887 of the entries. Individual aquatic sports entrants included: 5,400 masters swimmers; 922 masters open water swimmers; 187 masters divers; 319 masters synchronized swimmers, and 948 masters water polo players (77 teams).

Preliminary financial reports show income of one million dollars and expenses of 1.1 million for a loss of \$100,000. USMS had loaned \$267,000 to the local organizing committee and expects to be repaid for all but about \$50,000-\$80,000 of the anticipated loss total. Overall, USMS decided that the goodwill, positive exposure for USMS and masters swimming, and publicity from the well-run World Championships were worth the amount that will not be repaid from the original loan. The Masters World Championships exceeded expectations for all aquatic venues and generated positive feedback from the various international swimming federations.

USMS ADOPTED A NUMBER OF RULES CHANGES and MODIFICATIONS

Relay Rule 102.9.1 has been restated to read "Relay teams shall not compete unattached. In all cases, relay teams must be composed of USMS members of the same club, which is a member of USMS."

Relay Rule 102.9.5 was changed to conform to rules changes adopted by USA Swimming.

"First and last names of eligible relay swimmers, their ages, and order of swimming shall be submitted to the clerk of the course or to the head lane timer. Any changes in names of the competing swimmers or their order of swimming must be declared to the Head Lane Time prior to the start of the heat in which such relay team is entered. No changes will be permitted thereafter."

103.8 STARTER

103.8.3 – Optional Instructions – Part **C** has been added

"The starter may: **A** Announce the event (recommended); **B** Advise the heat when a swimmer will be attempting to achieve a time at an initial distance; **C** For backstroke event starts, give the command, 'Place your feet.'"

103.8.5 Start Commands - Wording inadvertently removed from a previous rewrite was reinstated .

"E When a swimmer does not respond promptly to the command 'Take your mark,' the starter shall immediately release all swimmers, upon which the swimmers may stand up, step off the blocks or leave the wall."

103.8.6 False Starts was changed to conform to rules changes adopted by USA Swimming.

"**A.** If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the referee independently observes and confirms the starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race in accordance with 102.10.2."

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103.13 OFFICIAL TIME The **definition of an official time**, was clarified to reflect language found in rule 105.1.5 listing the requirements for acceptable times for records and top 10 times. 103.13.3 lists the **timing requirements** for establishing an official time. Rule 103.13.4 was deleted since it is dealt with elsewhere. **Official times must also be performed in a regulation length pool which has met the pool length measurement certification standards**, and the following was inserted as the new rule 103.13.4:
103.13.4 “Only those results from events conducted in pools in conformance with 107.2.1 shall be acceptable for record application or Top 10 submission.” [Rule 107.2.1 defines racing course dimensions.]

104.5.2A - Meet Schedules (2008-2011). The House of Delegates selected three new USMS National Championship meet event schedules to be included under Rule 104.5.2A.

The **USMS Championship Meet** entry procedure for 18 years olds has been modified. Entry procedure rule 104.5.4A(1) regarding eligibility/affiliation states, **“(1) USMS Membership – USMS individual membership numbers and club names and abbreviations must be submitted on all entry forms together with entry times. “No Time” for swimming events and “pending” (except for 18-year-olds) for membership number will not be permitted. An 18-year-old must enter the meet by the entry deadline and must register for USMS membership prior to the first day of the meet. An 18-year-old may register for USMS membership at the championship venue on the day prior to the beginning of competition and must be 18 by that date.”**

Championship meet rule 104.5.4B (4) now states, **“Entry time – Swimmers must submit a time for each event. “No time” will not be permitted.”**

104.5.5B (2) & (3) -The Championship Meet seeding rule for distance events was modified with a revisions.
“(2) Willing and able competitors in the freestyle events over 200 meters may swim two-to-a-lane when only one course (seven, eight, nine or ten lanes) is available for the event. Heats with two swimmers to a lane shall be completed before heats with a single swimmer per lane. Competitors of the same gender may be required to swim two-to-a-lane in these events if only one course is available and the meet day is projected to last longer than 12 hours. (See article 102.10.4 for principles of seeding two-to-a-lane.)”
“(3) For any freestyle event 400 meters or longer, men and women may be seeded together at the discretion of the Championship Committee.”

105.1.5 –Acceptable Times Only those results from events conducted in pools in conformance with 107.2.1 shall acceptable for record applications or Top 10 submissions. [107.2.1 defines racing course dimensions.]

Long Distance Swimming Rules were modified to clarify drafting, results, records, splits, and definitions.
301.2.4 All participants in national championship postal events (as defined in 305.2.1 F, G, and H) must be a currently registered member of USMS or a FINA-member national governing body. Athletes with one-event registrations are not eligible for national championship postal events.

Add 306.6 A wristwatch may be worn in open water competition.

Note: watches cannot be worn in FINA pool and open water events and in USMS pool events (102.15.9).

305.2 NATIONAL LONG DISTANCE CHAMPIONSHIP EVENTS - clarification of the event list

305.2.1F Postal one hour (in a pool 25 yards or longer).

305.2.1G Postal 5 and 10 kilometer (each event swum separately in a 50-meter pool)

305.2.1H Postal 3000 and 6000 yard (each event swum separately in a 25-yard pool)

402.4 UNSPORTING CONDUCT now includes 402.4.4 “**Knowingly providing false information, including name, date of birth, age or gender on USMS membership applications or meet entries**” was inserted and subsequent rules were renumbered.

403.4.1 JURISDICTION OF THE NATIONAL BOARD OF REVIEW

403.4.1 The National Board of Review has original and exclusive jurisdiction to hear:

(B) “Any complaint of violation of rule 402.4.4 providing false information.”