

# ILMSA

THE OFFICIAL NEWSLETTER OF THE ILLINOIS  
MASTERS SWIMMING ASSOCIATION  
Spring 2006





Welcome Red Snappers, ILMSA's newest team from Fry Family YMCA in Naperville! Contact Kristen Souppa at Soupsdone AT aol DOT com for more information.

## **SAINT CHARLES SUPERBOWL MEET** by Alex Helfers

Unfortunately for the Bears this year, there was no Superbowl. But for swimmers there was!

**Full story on page 4**

## **MASTERS SHARE DREAMS AND DRILLS WITH OLYMPIANS**

by Brent Peebles, assisted by Charlie Groen

Approximately 100 swimmers joined Olympians Dara Torres and Rowdy Gaines for the Toyota Swim Clinic at UIC on November 29, 2005.

**Full story on page 7**

## **SWIMMING AND CANCER** by Phil Dodson

A great testament to surviving cancer one stroke at a time, by our own Phil Dodson.

**Full story on page 4**

## **PLACES TO SWIM** by Andrea Block

Ever wonder where you might be able to train while you're out of town for work or other reasons?

**Full story on page 6**

## **EVANSTON NEW YEAR MEET** by Alex Helfers

Caps off to Evanston for hosting yet another meet! If you don't swim with a cap, then just tell 'em thanks.

**Full story on page 6**

## **HAVE YOU MET ANN STEVENS?** by Susan Smar

Ann Stevens from the Evanston Wild Catfish tells all.

**Full story on page 8**

## **INSIDE THIS ISSUE**

### **POOLSIDE NEWS**

- 3** Chat From The Chair
- 4** Saint Charles Meet
- 4** Swimming and Cancer
- 6** Evanston New Years Recap
- 6** Places to Swim
- 7** Masters Share Dreams and Drills with Olympians
- 8** Meeting Notice
- 8** Volunteer Wanted
- 8** Calling all Students
- 8** Have You Met Ann Stevens?
- 9** Short Course Masters Nationals
- 9** FINA World Masters Meet
- 9** Convention Application
- 10** Coach and Service Award Nominations
- 12** Team Illinois Relay Forms
- 15** ILMSA board

**Design, layout and production**

**coordination by Alex Helfers / Editing and**

**content coordination by Rebecca Keller**



**Nadine in action**

## CHAT FROM THE CHAIR

Happy New Year Fellow Illinois Master Swimmers!

What is your New Year's resolution.....Swim practice three times per week, arrive to practice on time, learn to swim fly, swim the mile without stopping, compete in the 200 fly or swim in every event this year. I am excited about this season; I age up into a new and challenging age-group. This doesn't mean that I am wiser or faster; I am just older and still swimming. This is one more year to do something that I love, swimming.

For the month of January, we had the One Hour National Postal; seeing how far you can swim in one hour. In February, we had the 30 minutes fitness challenge and for ambitious swimmers, the Naperville Monster Madness. March brings meets in Central Illinois, Elmhurst, and St. Charles. March 24-25, cross over the border to Hoosier Country and participate in their State meet. Last year Illinois Masters placed third.

The countdown has started for our ILLINOIS Masters Swimming Championships on April 20-23, 2006. Is this going to be the super team show-down between Naperville Waves and Evanston? How many swimmers will be there? How many records will be broken? What personal goals will you accomplish? You do not want to miss this meet!

See the mid-season meet mailer or our website [www.ilmsa.com](http://www.ilmsa.com) for information on remaining meets.

Any questions and/or suggestions, please contact me at ndaypt AT aol DOT com .

Keep on Swimming.....Swimming for Life.

-Nadine KM Day, ILMSA President



**Naperville couples' relay at the Saint Charles meet**

## SAINT CHARLES SUPERBOWL MEET By Alex Helfers

Unfortunately for this year's Bears squad, there was to be no Superbowl appearance, no victory on the 20th anniversary of Ditka's '85 team, and nothing for Bears fans to do on February 5 except sit around and talk about how great the Bears are going to be next year. Or was there? While Steelers fans were gearing up for the Superbowl with their terrible towels, I geared up for the Saint Charles meet by packing my

"Incredible Hulk" towel and headed out to the faraway land known as Saint Charles.

As always, The Saint Charles meet was one of the larger meets of the season and afforded ample opportunity for swimmers to get in plenty of races before heading off to their respective Superbowl parties. Personally, the Saint Charles meet is always one of my favorites. There's

nothing better than getting a workout in (and hopefully some good times as well) and then heading directly to a party that revolves directly around drinking beer, eating food, and watching TV. And considering that the superbowl meet usually lasts about twice as long as the superbowl (due to the extensive event list)...well, bring on the beer.

## SWIMMING AND CANCER By Phil Dodson



**Phil Dodson at the Swim Across America for Cancer fundraiser.**

November 8<sup>th</sup>, played back my voice messages after my noon workout. My doctor called with my PSA test results, a 5.2, over the 4.0 recognized as threshold for possible prostate cancer. Given my family history, this news came as no surprise, but it was very inconvenient. I was doing so well in swim training, the best I have felt in 3 years. Why now? I'd been swimming well enough to have a good chance at breaking the 200 yards free ILMSA record for 50+ men next spring. At age 53 I figured it would be my last chance at this record I had been so close to for two years.

My thoughts were never why me, nor any concern about surviving. Heck, I've already survived cancer twice before, anything less never occurred to me. My

only concern was would I get back into shape fast enough to compete in the Spring Championships. Unfortunately my last cancer operation which removed 30% of my left lung had me out of the pool for 4 months and I still had muscle pain in the chest after races 14 months later.

We scheduled the biopsy for a week later, one day after I would return home from a weekend of SC meters competition in Florida. I had gone into a full taper mode for this meet right after I got the initial call from my doctor. I was swimming well and at least the entire season would not be lost if I could not recover in time for Spring Championships. That weekend in Florida, I swam great; made top ten times and had my best competitive swims in 3 years.

Doctor said the probe for the biopsy would be in me for about 7 minutes, a little longer than a 500 yard swim. I can do a 500, I can do that. After the procedure doctor told me to take it easy for 2 days and avoid heavy activity for 4 days. That was Tuesday, which means I can swim in the masters meet on Sunday. I asked the doctor to make sure. He says no, does not want to risk the internal healing with extreme activity. OK, I follow his orders. I've already entered the meet, my team is the host so I'll still go and socialize with my swim friends. I tell everyone that I had a test procedure and doctor says no swimming for 5 days.

It takes a week for lab results on the biopsy. No surprise, its cancerous, but good news; it's at an early stage, only 5-10% cancerous cells with a gleason score of 6. (That's considered about as low a score as a cancerous prostate will be given). Finally, I get to come in and discuss details of options, surgery and quality of life issues with doctor. Shortly after the doctor's call, I have written an e-mail to about 60 of my family, co-workers and closest swim friends, giving them a brief summary of my condition. I title it "Phil's New Cancer Challenge". This would prove to be one of the best things I did.

In a challenge such as this, positive mental attitude and positive reinforcement / support from family and friends is vital to success. Just like swimming a race, one always swims faster when your buddies are cheering for you on the side of the pool. I did not realize it, but I had created my own cancer support group. Almost immediately I got e-mails and phone calls offering support and best wishes. Believe me, this helps.

Surgery to remove prostate was scheduled for January 20<sup>th</sup>. Because I have selected a laparoscopic procedure, recovery will be 3 weeks, half the time for typical open surgery. I'll be back in pool by mid February!

Meanwhile, at a follow up appointment with my dermatologist, I ask him to take a quick look at a cut on my ear that does not seem to heal. A biopsy is taken, basal cell cancer confirmed. My 4<sup>th</sup> cancer. I schedule the removal during my prostate recovery since both require staying out of the pool. I figure no time lost here.

January 20<sup>th</sup> approaches. I get many e-mails and phone calls wishing me good luck, just like before a big race. Some ask me how I feel. I honestly tell them it's like getting ready for the Nationals and swimming the 1,500 as your 1<sup>st</sup> race. (I am a 100/200 sprinter). One has pre-meet butterflies and a small amount of anxiety, but you also know that you are in great shape and will do just fine. That 1,500 is a long way and you'd rather not swim it, but you signed up for it and you will. Still, you can't wait to get the race over. I can't wait to get rid of this cancerous prostate and get on with my life.

I wake up in the recovery room. Preparation may have been like getting ready for a 1,500 but this is a lot worse than after one. I tell myself I'd rather swim a 1,500 any day of the week than feel like this.

12 hours after the surgery and an hour after finally getting an anti-nausea shot, I announce I am feeling well enough to go for a walk. I make it the door and look left and right down the hall. To the end of the hall, left looks like 20 yards, right looks like 20 meters. That's easy, I go left. I ask my wife to time me. I make it to the end in 10 minutes. But I don't just turn around, I have to touch the wall and execute an open turn. I make it back to the room and decide one lap is enough. Time 17 minutes; alright, I negative split it! My usual MO.

I asked the doctor for a safe schedule for return to active exercise and swimming. He encouraged exercise right away, telling me walking or running on a treadmill would help my recovery. Weights in two weeks

and swimming in three weeks would be ok. On day 7, I start on an elliptical. Day 11, I'm in the pool for some very easy kicks and drills without a board. Swimming and a kick board were stretching my abdomen too much. Day 12, more drill/kicks but discovered a pull buoy raised my hips enough that I could swim easy without discomfort in the abdomen. Day 13, the basal cell cancer is removed. There are lots of stitches and I have to stay out of water for another 6 days later. Day 14, more core, elliptical and upper body weights. I am able to handle more of all as my recovery continues.

Today, Super Bowl Sunday, I feel great, but still get tired. I look forward to returning to the water next Thursday and starting some swim workouts. I am happy to be cancer free and all that behind me. Thanks to my young age, the laparoscopic nerve sparing procedure and fantastic conditioning from masters swimming, I have essentially no quality of life issues typical for prostate removal. I thank my many friends and family who cheered me on and still check in on me. I won the race.

Why did I write this article? Mostly to emphasize that cancer is very survivable. Positive attitude, lots of support and most importantly, early detection are key. For those of you with any type of family history, get tested and get tested often. Thanks to my brother I was testing for PSA for more than 4 years. If you have no special family history, get tested according to standard recommended guidelines. If just one person reads this article, gets tested and discovers an early curable cancer, I will have done some good. For those who are cancer free, swim for life.

Please see our link at [www.ilmsa.com](http://www.ilmsa.com) for the full text of Phil's story.



**Karl Kriegsmann gets ready to jump in on one of Evanston's approximately 35 different relay squads. GO KARL!!!!!!**

## EVANSTON NEW YEAR MEET By Alex Helfers

Next time you see an Evanston swimmer walking around the deck at a masters meet (which is essentially every other swimmer), be sure to give them a pat on the back. Why, you ask? Because Evanston's sure been doing their ILMSA duties this year as far as meet hosting is concerned. The meet list looked awful scarce back in december, but Evanston stepped in and hosted the first two meets of the year with their early

bird and new year's meets. In addition, an unfortunate (and unavoidable) ast minute cancellation was all that prevented what would have been Evanston's third meet of the year. I know some swimmers on our team that barely make it to that many practices every year\*! Anyway, the new year meet was a good way for swimmers to burn off their holiday pounds and have a good time as well. My personal swim of

the meet goes to Mark Urban, for posting a solid 2:05 200 backstroke and dropping 7 seconds off of his early bird meet time. Man, if I could only drop 7 seconds off my 200 backstroke...I have no idea where that puts me. I've actually never swam that race.

\* not to name any names, Dave Nathe and Tom Kikta

## PLACES TO SWIM By Andrea Block



**Do you want other swimmers to find this? NO! Go to [www.USMS.org](http://www.USMS.org) and update your team's information!**

Have you ever wanted to swim with another Masters team while you were out of town? Under the USMS "Places to Swim" link, you can find all the pertinent information you will need to stay your swimming course while traveling. Practice times, locations, team websites and contact people are all listed. This information is also useful to swimmers that are new to an area who are looking for a team. The "Places to Swim" link is a beautiful thing when the information is up to date and accurate.

However, oftentimes contacts forget to modify their team listing and the information becomes antiquated and useless. I would like to appeal to everyone (and especially the ILMSA contact people) to take a look at the team listings. Does your team information need to be modified? Do you notice a team that is no longer in existence? Over 20 teams in our LMSC have not been updated since 2003 and some go back even farther. You can easily link to the site through [www.ilmsa.com](http://www.ilmsa.com). Please take a few minutes to update the information on our teams in Illinois--it's a win-win for everyone!

Andrea J. Block  
Team Illinois President



**Dara Torres and Rowdy Gaines pose with Brent Peebles, Kirstie Azar, and Pat McKeever from the New City Orcas (and Greek God Dave Wendel of the Chicago Blue Dolphins)**

## MASTERS SHARE DREAMS AND DRILLS WITH FORMER OLYMPIANS

by Brent Peebles / Charlie Groen, contributor

Approximately 100 swimmers joined Olympians Dara Torres and Rowdy Gaines for the Toyota Swim Clinic at UIC on November 29, 2005. Swimmers were treated to a personal history lesson, question & answer period, and then pool time with the former Olympians.

Dara and Rowdy opened the clinic with introductions and a recap of their swimming history and respective paths to Olympic fame and glory. Dara started swimming because her older brothers started age group swimming. Although her brothers decided that girls were more important than a full time swimming regimen, Dara continued to train and win. She described how swimming was fairly effortless for her. She quickly realized that natural talent lifted her above many of her peers and all through grade school, high school and even college, she didn't need to train that hard to win.

Of course, Dara's most accomplished swimming feats came later in her swimming career. After success in 1984, 1988, and 1992, she tired of swimming, took a break, and focused on a modeling and

TV career. She got the itch to return to the pool 7 years later and started training for Sydney 2000. She commented that many people discouraged her comeback, which only fueled her desire to compete at the most elite level once again. She stated that every time somebody told her "no", she worked even harder to prove them wrong. Her fierce competitiveness led to her amazing success in Sydney, winning 5 medals (2G, 3B), including her only Olympic medals in individual events. At the age of 33, she was the oldest member of the team. Dara's all time 9 medals (4G, 1S, 4B) are the second most for an American woman.

Next, Rowdy described how he started swimming because he was too small and too slow to tryout for any of the "popular" sports such as football. He admitted that he had also fallen in with the wrong crowd in high school, and he recognized that he was headed down a bad path. Fortunately, he found swimming. In fact, in the summer of 1977, Rowdy worked out at UIC when his family lived in the area. With effectively no competitive swimming background (he started swimming at age 17), Rowdy improved in high school and excelled in

college. In 1980 he was projected to win 4 gold medals, but due to the Olympic boycott, his dreams went unrealized. Rowdy dropped out of swimming after college and at age 25 he decided to train for the 1984 games in Los Angeles. Most people thought that he, too, was an over-the-hill swimmer. Yet he made the Olympic team and surprised many non-believers by winning three gold medals, including the individual 100m Free. Rowdy shared an Olympic Trials story about removing his warm-ups and continuing his pre-race rituals, i.e., stretching out, etc., all without realizing that he wasn't wearing his suit! On a darker note, at age 31, Rowdy was diagnosed with Guillain-Barre Syndrome, a life threatening disease that attacks the nervous system. Somehow, he made a full recovery and he immediately returned to the pool. At age 35 and ranked in the top 10 in freestyle, Rowdy qualified for the 1996 Olympic Trials. However, he elected to be a commentator rather than compete.

After a Q&A session, we all donned fashionable Toyota swim caps and jumped into the pool. Rowdy hopped in with the swimmers while Dara, who was 4 months pregnant at the time, barked out various drills from the sidelines. For the next 30 minutes, we practiced steamlined push-offs, one arm swimming, body rotation and balance skills, and tight flip turns. Following an Olympic trivia game at the end of the workout, Dara and Rowdy graciously signed autographs and posed for pictures with the swimmers.

While nobody dropped into the Wayne's World "we're not worthy" shtick, one couldn't help but be inspired by the stories of perseverance that led to Rowdy's and Dara's personal success. They remind us Masters swimmers that spirit and determination are as good as gold.

Many thanks to former Olympian Bill Mulliken (gold medalist, Rome 1960) and the UIC Masters team for hosting the swim clinic.

## Have you met ... Ann Stevens?

By Susan Smar

**Team:** Evanston Wild Catfish

**Age Group:** 70-74

**First Masters Meet:** Maybe 1985?

**Favorite Sports Drink:** Water

**Favorite Swim Meet Snack:** Fruit and Muffins ("nothing high tech!")

**Technique Tip That Works:**

Stretch out – keep your strokes long. That way you'll have something left for the end of the race.

**Favorite Part of Masters Swimming:**

The support and camaraderie of my team keep me coming back year after year.



Ann Stevens

## ILMSA MEETING NOTICE

ILMSA Semi-Annual Meeting

Saturday April 22, 2006

UIC Physical Education Building 117 (adjacent to pool)

Meeting will start at 4:30 or 30 minutes following the 400 IM

All ILMSA members are welcome and encouraged to attend this meeting. Please be sure that your club or subgroup is represented. Pizza and pop will be served!

On the agenda:

- Financial Review
- Presentation of Awards
- Selection of Convention Delegates

If you wish to have an item included in the agenda, please contact Nadine Day at ndaypt AT aol DOT com.

## VOLUNTEER WANTED- RECORDS RETENTION ADMINISTRATION

USMS, our National Organization, recently set up guidelines/requirements for documents retention for all local LMSC's. We intend to comply and are seeking volunteer(s) to be responsible for collecting all required documents and maintaining electronic and hardcopy copies of all required documents. Fortunately, the requirements are not retroactive, so the arduous task of locating and copying old records will not be necessary.

Documents from all aspects of ILMSA activities are required to be retained. Volunteer(s) will have to interface with Finance, Secretary, Registrar and Sanction Chairs and Meet Directors. This is an important and necessary function. Volunteer(s) should be familiar with storing and copying electronic files and electronic media and be very detailed oriented. Interested people should e-mail Phil Dodson at "finance AT ilmsa DOT com".

## CALLING ALL FULL-TIME STUDENTS UNDER THE AGE OF 26

Did you know that ILMSA offers all full time students under the age of 26 years a \$24 scholarship towards the 2006 one year membership in USMS/ILMSA. Therefore the net amount due is only \$10. The only catch is that you must agree to receive ILMSA newsletters and membership by e-mail. Go to <http://www.ilmsa.com/membership/forms> to find the 2006 membership application and the scholarship application. Complete both and mail with \$10 to the address on the membership application. If you qualify for the scholarship and are already a member for 2006, then just mail in the completed scholarship application for a rebate!

## GET READY FOR USMS SHORT COURSE NATIONALS! By Dave Gibson

Looking for a fun weekend in the sun surrounded by water and swimmers? Well, you are looking for the Short Course Nationals meet in South Florida! Held May 11-14 in Coral Springs, this meet is a great way to spend a weekend in mid-May. Two 8 lane 25 yard courses will be used for competition and there is plenty of warm up space. Swimmers are encouraged to sign up on line starting around March 6 at [www.usms.org/comp/scnats06](http://www.usms.org/comp/scnats06). All entries must be postmarked by March 30, 2006 or received by April 6, 2006. Got questions? Go to <http://www.csscswim.com/2006%20usmssc Nationals.html>. We hope to have a nice size contingency of Team Illinois Masters on hand. Relay forms are included in the newsletter for those interested in swimming on relays.

## XI FINA MASTERS WORLD CHAMPIONSHIPS COMING SOON! By Andrea Block

For the very adventurous Masters swimmer, Stanford University will be hosting the XI World Masters Championships, August 4-17, 2006. Over 8,000 participants from around the world are expected to compete in swimming, diving, water polo and synchronized swimming. Stanford University's Avery Aquatic Center is located in the heart of the San Francisco Bay area and is also one of the finest and fastest venues in the world. You are bound to swim fast and have a great experience! Here is your chance to wear your American colors and represent not only Team Illinois Masters but also your country! For complete information, go to [www.2006finamasters.org](http://www.2006finamasters.org). Hope to see you there!

## CONVENTION APPLICATION

United States Masters Swimming hosts a convention and meetings of the House of Delegates in the fall of each year. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. This year the convention is September 13-17, 2006 in Dearborn, Michigan.

We will select delegates to represent ILMSA at our spring meeting. If you are interested in being considered, please apply by sending the following information to Nadine Day.

- Name & contact information (including email if available)
- Current ILMSA Officer Position/Contributions
- Past LMSC Officer Positions/Contributions
- Reason why you want to attend

Applications are due by April 15, 2006. Please send to:

Nadine KM Day, ILMSA President  
"ndaypt AT aol DOT com "  
21882 N 1400 East Rd  
Danville, IL 61834

## ILMSA Coach of the Year Nomination Form

(Please print or type legibly)

Coach nominated \_\_\_\_\_ Club affiliation \_\_\_\_\_

Nominated by \_\_\_\_\_ Club affiliation \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

On a separate sheet please provide the following details regarding the reasons you are nominating this individual for ILMSA Coach of the Year.

1. Team Accomplishments over the past year
  - Club size and growth
  - Club participation and results at swim meets, open water/postal events, nationals, etc.
  - Records set, All Americans swimmers and top 10 ranked swimmers, etc.
2. Contributions to ILMSA
  - Meets hosted, clinics run, etc.
3. Long-term contribution to Masters Swimming
  - Number of years as a Masters coach, special accomplishments, etc.
4. Additional information that you feel is important for your nomination

All information must be received by April 13, 2006.

Send nomination information to: Rebecca Keller  
19 Circle Drive  
Algonquin, IL 60102  
(847) 658-1551  
[contactsecretary@cmsaswimming.org](mailto:contactsecretary@cmsaswimming.org)

## ILMSA Service Award Nomination Form

(Please print or type legibly)

Individual nominated \_\_\_\_\_ Club affiliation (if any) \_\_\_\_\_

Nominated by \_\_\_\_\_ Club affiliation \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

On a separate sheet, please provide the following details regarding the reasons you are nominating this individual for the ILMSA Service Award.

1. Contributions to ILMSA: meets hosted, clinics run, offices held, committee work at local, state, national and international level, etc.
2. Accomplishments over the past year
3. Long-term contribution to Masters Swimming in Illinois
4. Number of years active in Masters swimming, special accomplishments, etc.
5. Additional information that you feel is important for your nomination

All information must be received by April 13, 2006.

Send nomination information to: Rebecca Keller  
19 Circle Drive  
Algonquin, IL 60102  
(847) 658-1551  
[contactsecretary@cmsaswimming.org](mailto:contactsecretary@cmsaswimming.org)

**TEAM ILLINOIS MASTERS RELAY ENTRY**  
**USMS SC NATIONALS – CORAL SPRINGS, FL, MAY 11-14, 2006**

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ (as of May 14, 2006)

ILLINOIS MASTERS SUBGROUP \_\_\_\_\_ Date of birth \_\_\_\_\_

USMS NUMBER \_\_\_\_\_ PHONE (day) \_\_\_\_\_ (evening) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**Please check-in each day at the Illinois Masters banner.**

Enter your times only for strokes that you are willing to swim on relays. These times will be used to develop the relays. Times should be your anticipated individual event times, not relay split times. Please be as accurate as possible with your times so that we can create the best relays. Please do not list the Sunday relay if you have a Sunday afternoon flight.

50 Yd. BACK      50 Yd. BREAST      50 Yd. FLY      50 Yd. FREE

TIMES:      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_

I would like to help organize the relays for my age group. \_\_\_\_\_

I AM AVAILABLE FOR THESE RELAYS:

200 yd Mixed Medley Relay (Friday) \_\_\_\_\_ 200 yd Free (M or W) Relay (Friday) \_\_\_\_\_

200 yd Medley (M or W) Relay (Saturday) \_\_\_\_\_ 200 yd Mixed Free Relay (Sunday) \_\_\_\_\_

PLEASE BE SURE THAT YOUR USMS CARD SAYS ILLINOIS MASTERS. *UNATTACHED* CANNOT SWIM ON ILLINOIS MASTERS RELAYS. You must also be entered in the meet.

Make checks payable to **TEAM ILLINOIS MASTERS**. The cost is **\$3.00 per person per relay**. Please **mail no later than Saturday, April 22, 2006**. Fees must be prepaid. Form and fees must be *in our hands* no later than **Friday, April 28<sup>th</sup>**.

Enclosed is my check for \$ \_\_\_\_\_ to cover my entry for \_\_\_\_\_ relays (max 4).

Mail to: C. J. Quill, 409 N. Glengarry Dr., Geneva, IL 60134-1637.

If you have questions you may contact:

Andrea Block: [ajfly1217@aol.com](mailto:ajfly1217@aol.com) or 847/317-0013; Tom McCabe [tom@mccabe.ws](mailto:tom@mccabe.ws) or 630/406-0998; C. J. Quill at [cjquill@netscape.com](mailto:cjquill@netscape.com).

**ILLINOIS MASTERS RELAY ENTRY**  
**XI FINA WORLD MASTERS CHAMPIONSHIPS, PALO ALTO, CA**

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ (as of Dec 31, 2006)

ILLINOIS MASTERS SUBGROUP \_\_\_\_\_ Date of birth \_\_\_\_\_

USMS

NUMBER \_\_\_\_\_ PHONE (day) \_\_\_\_\_ (evening) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

LODGING IF KNOW AT THIS TIME \_\_\_\_\_

Enter your times only for strokes that you are willing to swim on relays. Please be as accurate as possible with your times. These times will be used to develop the relays. Times should be anticipated individual event times, not relay split times.

50M. BACK

50M. BREAST

50 M. FLY

50M. FREE

TIMES: \_\_\_\_\_

All relays are sum of the ages and take place on August 8<sup>th</sup> (Tuesday). Relays must be entered and paid for by May 8<sup>th</sup>.

I AM AVAILABLE FOR THESE RELAYS:

200M Mixed Medley \_\_\_\_\_

200M Mixed Free \_\_\_\_\_

200M Womens' Free \_\_\_\_\_

200M Mens' Free \_\_\_\_\_

200M Womens' Medley \_\_\_\_\_

200M Mens' Medley \_\_\_\_\_

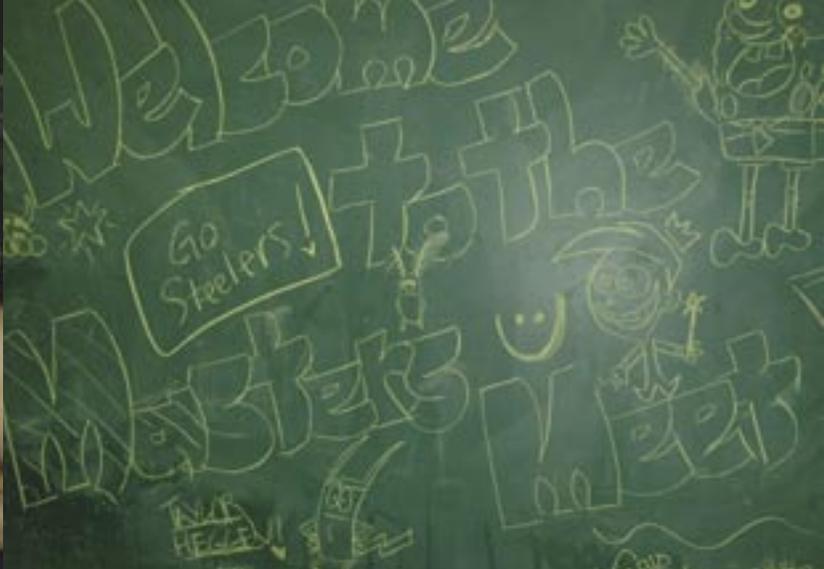
**Be sure that your USMS card says Illinois Masters. If you are *unattached* you cannot swim on Illinois Masters relays. You must already be entered in the meet.**

Make checks payable to **TEAM ILLINOIS MASTERS**. Cost is **\$8.00 per person per relay**. **Please mail no later than May 1st, 2006**. Entry and check must be **in our hands** no later than **May 8<sup>th</sup>, 2006**.

Enclosed is my check for \$ \_\_\_\_\_ to cover my entry for \_\_\_\_\_ relays (max 4)  
Mail to: C. J. Quill, 409 N. Glengarry Dr., Geneva, IL 60134-1637.

If you have questions you may contact:

Andrea Block: [ajfly1217@aol.com](mailto:ajfly1217@aol.com) or 847/317-0013; Tom McCabe [tom@mccabe.ws](mailto:tom@mccabe.ws) or 630/406-0998; C. J. Quill at [cjquill@netscape.com](mailto:cjquill@netscape.com).



**MGM Masters at Evanston**

**A very festive chalkboard at the St.Charles Superbowl Meet**



**Sally Long and Abby at St.Charles**

**The Del Nor team at Saint Charles**



**Elgin Blue Waves at Lattoff**

**Anne Callen of Elmhurst and Mia Cutler of Coho Masters...both swimming at their first masters meet**

## ILMSA BOARD MEMBERS

### President:

Nadine KM Day  
21882 N 1400 East Rd  
Danville, IL 61834  
cell: 217-304-3395  
home: 217-431-8396  
e-mail: [NDAYPT@aol.com](mailto:NDAYPT@aol.com)  
president AT ilmsa DOT com

### Vice President

Chris Colburn  
234 S West St  
Naperville, IL, 60540-5231  
630-865-9645  
vp AT ilmsa DOT com

### Secretary

Rebecca Keller  
19 Circle Dr.  
Algonquin, IL 60102  
847-658-1551  
secretary AT ilmsa DOT com

### Treasurer/Legal Chair

Barbara Delanois  
800 Oak St. PO Box 344  
Danville, IL 61832  
217-446-5255 (WK)  
Fax: 217-446-7570  
treasurer AT ilmsa DOT com

## COMMITTEE CHAIRS

Communication: Rebecca Keller

Editor Newsletter: Alex Helfers

Webmaster: Chris Colburn

Fitness: Rae Salus: [rsalus AT sbcglobal DOT net](mailto:rsalus@sbglobal.net)

Competition: Leslee Vittone, Sanction Chair: [sanctions AT ilmsa DOT com](mailto:sanctions@ilmsa.com)

Long Distance (Postals/OPEN Water)-Robert Zeitner: [rzeitner AT mindspring DOT com](mailto:rzeitner@mindspring.com)

Officials: Rich Mueller: N/A

Coaches: Brian Cunningham: [peakbody AT hotmail DOT com](mailto:peakbody@hotmail.com)

Records and Tabulations: Joe Magiera: [joemagiera AT ameritech DOT net](mailto:joemagiera@ameritech.net)

Legal Chair: Barbara Delanois

Finance Chair: Phil Dodson [MYFAVCPA AT aol DOT com](mailto:MYFAVCPA@aol.com)

Registration: Greg Weber, Rose Fossler, Marcia Cleveland: [registrar AT ILMSA DOT com](mailto:registrar@ilmsa.com)



# ILMSA



19 Circle Drive  
Algonquin, IL 60102