
Workout Groups Under Team ILLINOIS Masters:

Barrington Area Masters	BAM
Bartlett Gators Masters Swim Team	BGMS
Buehler Breakers	BUE
Chicago Blue Dolphins	CBD
Central Illinois Masters	CENT
Chicago Masters Swim Club	CHGO
Chicago Smelts	CHSM
Deerfield Masters	COHO
Delnor Aquatic Masters	DAM
East Bank Club	EBC
Evanston Masters	EV
Flying Carp Swimming	FCS
Fossil Fish	FF
Gray Sharks Leaning Tower YMCA	GS
Good Samaritan Health & Wellness Sea Otters	GSM
Harbor Hurricanes	HH
Independent	IND
Kishwaukee YMCA	KISH
Lattoff YMCA	LATT
Libertyville Masters	LIB
Lincoln Way Masters	LINW
Lakeshore Athletic Club	LSAC
Lyons Masters	LYON
Northwestern Aquatic Swim Association	NASA
Naperville Waves Swim Club	NWSC
Naperville Y Red Snappers	NYRS
Oak Brook Swim Team	OBS
Park Ridge Penguins	PRP
Rush Copley Healthplex	R-C
YMCA of Rock River Valley	ROCK
Sun City Stingrays	SCS
Shabbona Sharks	SS
St Charles Masters	STCM
The Oak Park Masters	TOPM
The Wellness Center Sea Dogs	TWC
University of Illinois Masters	UIM
Western Illinois Masters Program Swim Club	WIMP

Workout Groups under Chicago Park District Masters

McGuane Masters	MCG
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CLUBS:

Chicago Park District	CPDM
Academy Bullets Masters	ABM
Elgin Blue Waves	ELG
Team Illinois	IM
Mount Greenwood Masters	MGM
Oak Forest Swim Association	OFSA
YWCA Flying Fish Masters	FFMS
Unattached	UNAT



Chair Chat

By Nadine KM Day

I hope that 2008 has been a great year so far. I can not believe February is over. I personally have been busy with work, my volunteering for USMS and ILMsa and still trying to get water time. I just returned from the USMS club mentor program and the USMS mid year BOD meeting in Dallas, TX. I am excited about the drive, dedication and enthusiasm we all had. At the local level, ILMsa has had many things happen, the new website launch, online registration, and we are finally getting the history of Illinois Masters Swimming recorded. My main goal for this year is to keep monthly communication with all ILMsa swimmers. I hope I have done that by utilizing the ILMsa Announcements.

ILMSA has a new website. **Chris Colburn**, who is the ILMsa web master, has worked with Club Assistant on the new design. He will be integrating many additional features for us to use.

Online registration is finally up and running. ILMsa Registrar **Greg Weber** has worked many frustrating hours getting swimmers registered this year. You might not have known, but Greg started using the interface in November. There were problems with the new system like any other new program, but most have been resolved. Illinois is only one of fifty-three LMSCs using the system. USMS did a great job getting the system live. SIGN UP NOW!

<https://www.clubassistant.com/club/USMS.cfm?l=21>

Swimmers that take part in the scholarship opportunities ILMsa has to offer will have to register by mail. ILMsa will always have the option for swimmers to register by mail.

A special thank goes out to newbie (Gray Sharks YMCA) **Ellen Tobler** for helping me with Illinois Masters History. ILMsa will start recording the history of Illinois Masters Swimming since its beginning in 1971. ILMsa will start recognizing individuals and clubs/teams that have been involved with Illinois Masters Swimming.

Did you know COHO's **Wayne Leengran** swam his first Masters meet in DeKalb in December of 1972? (I was 2 years old, wow!)

Wellness Center Seadog, **Mary Pletch** remembers watching Paul Hüntinger (a founder of Illinois Masters Swimming) swim a masters meet when she was a child.

I would like to thank the meet directors for providing an opportunity for the Illinois Masters Swimmers to participate in competitions. All the meets thus far; Lutoff, Danville, Evanston, DeKalb and St. Charles, had an increased number of attendees over last year. ILMsa will post the results as soon as we receive them from the meet directors. You can look up current and past results on the ILMsa website: <http://ilmsa.com/competition/results>.



You can also see how you compare to the swimmers across the nation, by going to the USMS meet results database.

<http://www.usms.org/comp/meets/toptimes.php>

Congratulations to the swimmers who place in the Top Ten in 2007. <http://www.usms.org/comp/tt/>

Illinois had 97 swims in SCM, 60 swims in LCM, and 236 swim in SCY.

Congratulations to **Dave Sebastian**, **Skip Montanaro** and **Marcia Cleveland** for completing all Five 2007 USMS National Long Distance Postal Events (One Hour, 5K, 10K, 3,000 yards and 6,000 yards).



I would like to thank everyone for participating in Masters Swimming. Whether or not you compete, you have taken steps in your life to stay healthy and fit. I commend you for that. Everyone swims for different reasons, competition, fitness, and socialization. We all have swimming as our common bond. Swimming for Life!

Stay Wet, Swim Fast, and Have Fun.

Fun, Fitness, and Friendship.

Nadine KM Day, ILMSA Chair

nday@usms.org



A Year Full Of Firsts For The New Gray Sharks

By Amy Goodwin

Exhilarating. Nerve-wracking. Motivating. Exciting. This is how some members of the Gray Sharks described their first swim meet experience.

The Gray Sharks entered the world of Masters swimming with a splash at the TYR Grand Prix meet held at the University of Chicago in December. For many of the Gray Sharks, this was their first Masters swim meet, and for several, it was their first swim meet ever! Well, much to our surprise, the Gray Sharks came out on top with the most team points for the Chicago leg of the tri-state swim meet series. Not bad for our debut!

Our team president, **Ken Cohen**, set out to resurrect the Masters swimming program at the Leaning Tower YMCA in Niles, IL this past September. He felt that there were swimmers who would enjoy the competitiveness of swimming against other Masters swimmers. Word spread around the Y, people recruited friends, and the team quickly grew.

“By the end of the meet I was cheering LOUDLY for my fellow team members, talking to swimmers from other teams, and chatting with the officials.”

The Gray Sharks team is comprised of swimmers of all ages and ability levels. Some joined for the motivation that working with a team provides. For others who had previously participated in Masters Meets as unattached swimmers, this was an opportunity to compete with a team in a sport that they love. Some are triathletes, some joined for the health benefits swimming provides; but we all share a common love of swimming that brings us together.

Many of the Gray Sharks have noted how exciting it is to have team members with such diverse backgrounds and swimming abilities come together to compete in the meets. It is wonderful that our diversity (both within our team and in the world of Masters swimming in general) fosters such a friendly and welcoming atmosphere. One of our team members, **Ellen Tobler**, observed that Masters swimming is incredibly social, “By the end of the meet I was cheering LOUDLY for my fellow team members, talking to swimmers from other teams, and chatting with the officials.” **Heidi Musser**, who has been blind since birth, said after the TYR meet, “I was not aware ahead of time that I would be the only disabled swimmer; however, I felt comfortable and most welcome. I can’t believe the loud cheering and applause that I heard while swimming and when I climbed out of the water.”

Continued on page 6



We certainly made ourselves heard at the TYR meet. Voices of the Gray Sharks carried throughout the pool. There is no better motivation to finish the exhausting 400 IM than seeing your teammates lined up along the edge of the pool rooting for you! The support and friendship of swimming with the team has been one of the most fun aspects of the season so far for many of the Gray Sharks. Brian Fergus, who had never swam in relays at a Masters meet before said, “I felt like a little kid again swimming with my friends at a meet. I enjoyed rooting for my teammates.” We have had many families of our swimmers come out to watch their mom or dad compete, and put their ribbons on the refrigerator at home!

The Gray Sharks have certainly had a great start to our first season in Masters swimming. We kicked off 2008 with a 3rd place finish at the Lattof Masters Meet and a 1st place finish at the Evanston meet. For some of us, the nervousness remains every time we hear “take your mark.” For others, each meet is just another fun day at the pool. Either way, every meet presents a new challenge to push ourselves and to have an opportunity to enjoy swimming with our friends. We look forward to seeing you at the next meet!

Totally Blind Swimmer

I am Heidi Musser. I am totally blind since day one of my life. The TriState TYR on Dec. 1, 2007 was my first and the Lattof YMCA on Jan. 6, 2008 was my second Master’s swim meet. Both times, I was not aware ahead of time that I would be the only disabled swimmer; however, I felt comfortable and most welcome during both swim meets. I can’t believe the loud cheering and applause that I heard while swimming — freestyle and back — and when I climbed out of the water.

What I ask myself, where are the other disabled swimmers? Where is the problem? Do the YMCAs lack coaches? Why do not more disabled swimmers participate in regular Master’s Swim Team training sessions? My advice to disabled individuals: Get over the feeling that you are not welcome or accepted! You are wrong!

When a few months ago, **Ken Cohen**, our Gray Shark Swim Team’s President at the Leaning Tower YMCA, Niles, IL, asked me to join the Team, I couldn’t believe that I was invited. But I took the bull by the horn, and I have hardly missed a 5:30 am training session. (I am lucky that my mother hardly ever complained about getting up at 4:30 am to get me to the Leaning Tower YMCA pool on time four times per week.)

Ken, thank you from the bottom of my heart, for getting an avalanche rolling...

My career as a swimmer started as a triathlete. In June 2005, when I crossed the finish line of 2005 Ironman in Coeur d’Alene,



My advice to disabled individuals: Get over the feeling that you are not welcome or accepted! You are wrong!

ID, I emerged as the first totally blind Ironman (Ironwoman) in our nation, and most likely in the world. I have also participated in the “Escape from Alcatraz” Triathlon in 2002 and 2004. I just trusted my guide Matt Miller and I jumped off a ferry to swim 1.5 miles in choppy 55 degree water. (I wore a wetsuit and a polar cap.)

My courage inspired Matt to create the CDifferent Foundation. (www.cdifferent.org)

In Chicago, I train regularly with my guide Jorge Barron, who has helped me greatly to improve my running. On April 27, we will take part in the Vienna City Half-Marathon, Vienna, Austria, for the second time.

This is a call to all disabled individuals: Come out and have fun! Life is to be shared! Everyone benefits — disabled or non-disabled! The CDifferent motto is: Inspire — Educate — Change.

Heidi Musser

<http://www.cdifferent.org/athletes/heidimusser.html>



USMS Vendor Affiliates Program Keeps Dues Down — You Can Help

There are two “free” sources of revenue for “USMS, “Affiliates programs”, which are greatly underutilized by the USMS membership, probably due to their not being widely known. ILSMA members are encouraged to use these programs. Here is a brief explanation:

USMS has a credit card sponsorship. 600 USMS members used this credit card in 2007 and brought in over \$12,000 in revenues to USMS. Imagine how much 40,000 members would generate! Watch out for the high interest rates and transaction fees. But pay your balance in full, and benefit big time from the rewards program which includes miles on ANY airline with NO ANNUAL FEE. Use it once or twice a year and help out USMS, or use it all the time to accumulate reward points. Use it for your USMS on-line membership registration, when available. Each time you use it, USMS receives a small fee from Bank of America. If you have thrown away the application form recently mailed to you, here is a web link to request a new one. www.newcardonline.com or call 1-866-598-4970.

Ever use Amazon.com to purchase anything? If you go through the USMS link, USMS receives a small referral fee. Don't go direct to Amazon go thru USMS. Here is the USMS link to internet affiliate Amazon.Com: <http://www.usms.org/merch/bookstore/>

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Carrie Colburn



ONE MORE PARK RIDGE 1500

Sanctioned by ILMsa for USMS Inc.
Sanction number 218 -013S

Sponsored by Park Ridge Penguins Masters Swim
Club with cooperation of Park Ridge Park District

FORMAT: The Park District has agreed to keep our pool open a while longer, so we may get to swim a few more 1500 meets. This year we move back to **SATURDAY**, June 21 from 6 until 11 AM. We will not have a separate warmup pool so lane 8 will be available throughout the meet for warmup/cooldown. There will be 3 early bird heats from 6 to 7:30, fastest heat at 8:00, followed by 4 fast to slow heats with last heat by 10:15 AM.

Date: SATURDAY, June 21, 2008

Place: Oakton Pool, 2800 Oakton Street, Park Ridge IL. 8 lane 50 meter outdoor pool.
The pool is measured for top 10 and records, 3 manual watch timing will be used.

Event: 1500 Meter Freestyle.

T-Shirt: All participants will get a T-shirt in lieu of an award. Request T-shirt size.

Eligibility: Open to all masters swimmers with current 2008 USMS registration. If you are not registered, ILMsa registration forms, including one event (OEVT) registration are available at the ILMsa website (www.ILMSA.com).

Entry Fee: \$20.00. This includes the T-shirt if entry is received by June 14. Late entries must pay extra for T-shirt, if available. OEVT swimmers must include a completed OEVT form and an additional check for the OEVT fee (posted on ILMsa website) made out to ILMsa.

Entry Deadline: OEVT entries **MUST** be received by June 7. USMS swimmers entries are due June 14. The first 25 entries will have their own lane, later entrants may need to share. A heat sheet will be posted on our website and emailed to entrants on June 16. Deck entries may be accepted from USMS registered swimmers, **ONLY**, to fill heats: deck entrants **MUST BRING A PHOTOCOPY OF USMS CARD**. Call or email first to check on available heats.

Entry Form: Please use the ILMsa *Consolidated Entry Card* available at the ILMsa website or from the meet director. Enter **ONE** of the following as your event:

Event 1: Early bird heats 6-7:30AM (seed times under 35 minutes)

Event 2: Heats 8:00 AM to 10:15AM, fast to slow, must finish before 11AM.

You **MUST** include seed time, even if only a rough estimate. Please include email address, specify if you want heat sheet by US mail, and give T-shirt size S, M, L, XL, XXL

Meet Director (further information)

Barry Dayton

Phone

email

221 N. Washington

847-800-0984

barryd@oakton.edu

Park Ridge, IL 60068

Web: <http://members.aol.com/b3t2/penguins>

Mail entries to meet director, checks payable to **Park Ridge Masters**.

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 1

Send nomination information to: ILMSA
800 Oak, PO Box 344
Danville, IL 61834
secretary@ilmsa.com

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 1

Send nomination information to: ILMSA
800 Oak, PO Box 344
Danville, IL 61834
secretary@ilmsa.com