

## Chat From the Chair

Nadine KM Day, ILMSA Chair

I hope everyone had a wonderful summer. Thank you to the Park Ridge Penguins for hosting their annual 1500 meet. We are hoping that it was not the last! Hopefully, next summer we will have more long course meter (LCM) meets in Illinois.

Despite only having, a limited number meets in Illinois, long distance Chair, *Dave Sebastian*, set up a few postal events in the Chicago area for the first time. *Liz Kooy*, who is the fitness Chair, is hosting the annual fitness event — “What did you do this summer?”

A few swimmers traveled to some of the open water national meets and represented Illinois well. *Liz Dillman* swam in an open water event in Decatur, Illinois and was the overall winner. *Andrea Block* traveled to Mission Viejo for the SPMA Championship meet and won a few events. We had eight swimmers swim at the USMS LCM Nationals.

This summer has been a busy summer for me. With the hiring of the new USMS executive director, *Todd Smith*, and the formation of the club development task force. USMS had its first formal strategic planning meeting in Chicago. The focus was on a restructuring of USMS, on alignment of committees with the four vice presidents and defining roles of committees, officers and employees. In addition, we discussed a unified branding of USMS.

At the last convention in 2006, USMS approved a \$5.00 increase in dues to offset the hiring of the ED, online registration and other activities. ILMSA is considering only increasing dues from \$34.00 to \$35.00, thanks to Phil Dodson’s (Finance Chair) budget. We will know more after the 2007 USMS convention in September. Online registration will not start at the beginning of the registration year. ILMSA will go online as soon as USMS allows ILMSA to do so. ILMSA will have seven delegates represented at the USMS Convention in

[Chair Chat Continued on page 8](#)



# Big Events at Ohio Street Beach

## Fourteenth Annual Swim Across America Chicago — a huge success:

Phil Dodson

Saturday morning, July 21, 2007, 135 swimmers, 35 volunteers and 2 Olympians gathered at Chicago's Ohio Street Beach to raise money for cancer research.

Total funds raised exceeded \$125,000, a new record for the Chicago SAA event, about \$40,000 more than last year. All proceeds were donated to the Cardinal Bernardin Cancer Center at Loyola University. Since inception, SAA-Chicago has contributed more than \$625,000 to the CBCC which has designated the use of these funds for breast cancer research and clinical trials. See note 1) below for details.

This year, the swimming format was completely revised. Traditionally SAA has been a six-mile relay course completed by a six-person team. This year the event offered individual swim distances of 3 miles, 1.5 miles, 1 mile and ½ mile open water courses in Lake Michigan. Swimmers could register individually or as part of a fund raising team. A minimum fund raising of \$300 per swimmer was required. SAA is open to both adults and children and non master registered swimmers.

The top three individual fund raisers were *Phil Dodson*, four time cancer survivor, \$11,600, *Gaitlin Garvey*, whose mother is

[Continued on page 3](#)



a breast cancer patient at CBCC, \$8,200, and *Jean Barbato* and *Larry Lindahl*, both of whom have family and friends touched by cancer and each raised almost \$5,500. Several other individuals raised more than \$3,000 a piece. The top three Team fund raisers were Team Life (Evanston Masters) \$20,800, Wellness Center Seadogs \$15,700 and Team Anne \$12,700. Libertyville Masters had the most “masters” participants and brought home the coveted Cherished Lives Traveling Trophy again. Special thanks to all the volunteers, whose help is instrumental to the success of this event. Congratulations to *Sue Hopkinson* and *Lauren Reinke*, whose second year as co-chairs of the SAA Chicago event was a huge success. Way to go all!

The event started off with the usual 7:00 am registration and check in, T-Shirts, goody bags, food, juice, color coded swim caps and open water number markings. *Chris Sheean* (Big Shoulders) gave the pre course introduction. A brief pep talk by the two Olympians; Olympians *Janel Jorgensen* (1988) and *Eric Wunderlich* (1996), gave supportive comments on the fight against cancer and a personal note regarding their current physical swimming condition. Believe me, it is a treat for us participants to see and swim with Olympians at any time in any condition.

Continued on page 4



**THE SWIM:** What a beautiful day it was! The weather was near perfect and the feeling of having done something special and worthwhile was on everyone's minds. Lake Michigan, on the other hand, was in a different mood. The water temperature was a cool (some say cold) 67 degrees and very wavy. Fortunately, the waves were just up and down, not rough and in every direction. The latter is a pain to any type of swimmer as it bobs you around like a cork. Up and down waves, are challenging, but to a strong swimmer can be somewhat fun. Personally, I got used to the water temperature after 100 yards and was able to plow my way through the waves. The waves do slow you down. The SAA event is not supposed to be a race. However, there are a few swimmers like myself who use the opportunity to be a little competitive and use this as a warm up to the Big Shoulders race in early September.

Back on the beach, tables full of muffins, fruit, ice cold juice and water, greeted the spent swimmers. Many stayed afterwards to visit with friends, spectators and teammates and enjoy the post event picnic lunch hosted by Robinson Ribs and Russ Hafner, who provided gourmet salads including tomatoes from his own garden.

It was a leisurely picnic with several brief acknowledgements of thanks to and by fundraisers, volunteers, event coordinators, Olympians and CBCC administrators. Food was great and

Continued on page 5

## Big Shoulders

Mark Mattson



The 17th annual Big Shoulders 5K & 2.5K Swim Classic was held on September 8th at Ohio Street Beach. The race draws in swimmers from Maine to Washington, 18 to 79 years young. The 670 swimmers this year is almost a quarter more than last year, when the race was the USMS 5K national championship. Beautiful weather, scenic cityscape, and excellent organization resulted in another great competition.

The calm waters (relative to last year's chop) resulted in blazing fast times from *Richard Kramer* (57:13) and *Erica Rose* (58:25), the top 5K male and female swimmers. *George Wendt*, *Dennis Miller*, *Laurie Tanamura*, and *Tim Kelly* swam in their seventeenth consecutive race. Check <http://www.bigshoulders.org> for more race results and commentary.



plentiful, the weather terrific and the camaraderie of friends and swimmers dedicated to the eradication of cancer heartwarming. There was a lottery ticket auction and prize awards afterwards. All in all the picnic was a fun and relaxing end to a very successful SAA event.

At the post swim picnic, Dr. Stiff, head of cancer research for the CBCC, briefly outlined what the breast cancer research has discovered and how the clinical trials are using this knowledge to improve breast cancer cure. The CBCC has been pursuing research on cutting edge treatments for hormone-receptor-positive breast cancer. Four years of research focused on two genes that create proteins, how they attach themselves to exterior walls of breast tissue cells, initiate cancerous tumor growth and how to interrupt these proteins. The CBCC scientists believe that a drug cocktail mix of a new alzheimers drug and the proven breast cancer treatment drug, taxmoxifen, may be a superior treatment than just taxmoxifen alone. They have initiated clinical trials this past Spring to test their research. This research and clinical trials has been designated for use of the SAA Chicago funds. It is costly so please show your support for this event through donations or participation in next year's event. Thank you.

For more information, go to

<http://www.swimacrossamerica.org/chicago/index.html>



# Be a Great Master's Swim Coach

Sue Welker

1. **Make people feel welcome.** Smile and always say hello when your swimmers walk on deck. They will want to come back if they feel comfortable and welcomed.
2. **Always call your swimmers by name.** This is a tough one for me, and I frequently keep a roster on deck and make notes to remember people. I will ask swimmers to tell me something interesting about themselves to help me remember their name.
3. **Make a goal to give one compliment to every swimmer in the pool during practice.** I frequently will go through each lane giving one positive bit of feedback even if their stroke is challenged.
4. **Be positive and enthusiastic!** I love coaching and my swimmers know it. Positive energy is contagious and your swimmers will catch it.
5. **Ask them questions and listen.** Get feedback from your swimmers on how they feel today, and how their stroke is. They love sharing and you can use this information to adjust your practice to their needs.

Continued on page 7

## Records Fall at Long Course Nationals

Nadine KM Day, ILMSA Chair

Eight members (*John Anderson, Mark Anderson, Jeffrey Blumenthal, Mary Anne Coburn, Tom Homberg, Peter Juiris, John Sloan, and Nadine Day*) of Team Illinois attended the 2008 USMS National Championships held in The Woodland, TX. Temperatures exceeded 100 degrees and the humidity was greater than 90%, yet there were eight ILMSA LCM records broken.

Breaking records that stood for 21 and 23 years, Mary Anne Coburn smashed the following records in the 65-69 age-group:

*200 Free 3:21.39 (3:24.83, Louise Donovan 1986)*

*100 Back 1:39.99 (1:55.13, Louise Donovan 1986)*

*200 Back 3:28.56 (4:07.55, Louise Donovan 1984)*

*200 IM 3:54.33 (3:58.75, Jeannette Eppley 1986)*

Swimming in 35-39 age group, Nadine Day broke her own state records in the 100 fly, 200 Fly, 200 Breast and 400 IM.

On the men's side, there were top ten performances from Mark Anderson, Jeffrey Blumenthal, Peter Juiris and John Sloan.

With the team only swimming 32 individual events and no relays, Team Illinois was 31st in the combine team division, 26th in the women's division and 39th in the men's division.

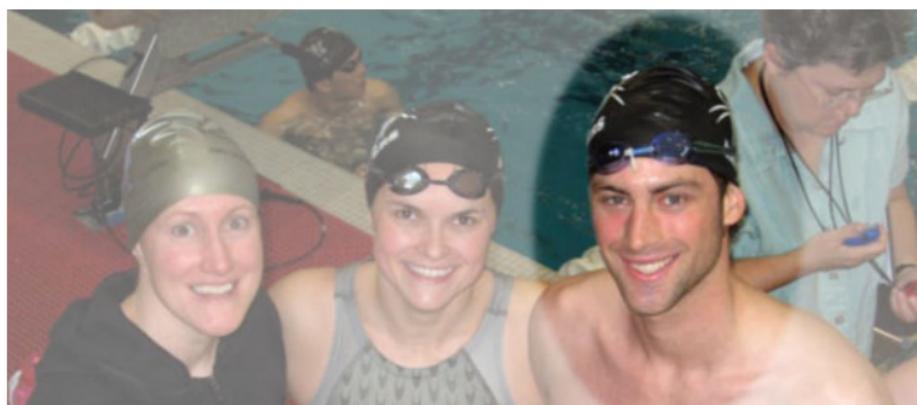
6. **Laugh!** Tell a joke. Have a sense of humor. We are adults and this is what we do for fun. Enjoy it!
7. **Be flexible.** You may have many different abilities of swimmers at one practice. Adjust to the needs of the swimmers you have at practice today.
8. **Provide visual aids.** Adults are bombarded with so much going on in their head. If you can have your practice written on a board, or better yet, printed out at the end of each lane it will be easier for your swimmers to follow the practice.
9. **Always have a practice focus and tell your swimmers up front.** Today we are going to focus on ... and, I want you to think about ... during the main set.
10. **Say thanks for swimming today and have a good week at the end of each practice.** Also, don't forget to ask them what they liked about practice so you remember that for future practices.

*Stay wet and have a wonderful summer!*

Coach Sue

[www.napervillewaves.org](http://www.napervillewaves.org)

## Have you met Ricky Murphy?



**Team:**

Evanston Masters

**Age Group:**

25-29

**First meet:**

Evanston Early Bird  
December, 2006

**Favorite meet snack:**

Espresso Truffles

**Favorite meet drink:**

Water or Coffee with  
extra sugar

**Best tip:**

Go to practice!

**Best memory:**

My first All American swim at  
the Division II Nationals in  
'99 (Event: 500 Free)

**Inspiration:**

*Zsejke Tusa* — We both went  
to the same college — Drury  
Univ. She is swimming faster  
than in college, so maybe I  
can too.

# Chair Chat

Continued from page 1

Anaheim, CA. *Barb Delanois*, who is on the USMS legislation committee; *Fred Pigott*, who is on the USMS, USA and FINA officials committee; *Greg Weber*, who is on the USMS registration committee; *Catherine Jennie Quill*, who is on the USMS long distance and USMS history and archives; *Phil Dodson*, who is on the USMS Finance committee and *Chris Colburn*, who is the vice chair of USMS Coaches Committee. Newly elected *Heather Howland* will be attending the convention for the first time. Our intent is to gather information from the convention and to promote ILSMA. We will be meeting at the convention as a group to discuss plans to initiate collaboration with IL Swimming, more assistance with clubs/teams within ILSMA and ways of increasing membership.

If anyone has ideas, please contact me: [nday AT usms DOT org](mailto:nday@usms.org)

In addition, we are seeking information on inception of clubs and teams, club and team award winners, and the longest standing member. If you have been swimming Masters for greater than 10 years, 15 years, 20 years, 25 years or 30 years please notify me.

We are always looking for volunteers to help gather information, contact people and assist with designs.

[Let's keep the success of Illinois Masters Swimming going!](#)

*Thanks to Mark Mattson and Fred Pigott for sharing your Big Shoulders photos. I will try to show more. More photos are at <http://pictures.ilsma.com>.*

## ILMSA Committee Chairs

Fitness:

**Elizabeth Kooy**

[eakooy AT hotmail DOT com](mailto:eakooy@hotmail.com)

Competition, Sanctions:

**Leslee Vittone**

[sanctions AT ilsma DOT com](mailto:sanctions@ilsma.com)

Long Distance:

**Dave Sebastian**

[davesabastian AT msn DOT com](mailto:davesabastian@msn.com)

Newsletter Design:

**Chad Manbeck**

[manbeck AT sbcglobal DOT net](mailto:manbeck@sbcglobal.net)

Officials:

**Rich Mueller**

Coaches:

**Sue Welker**

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

Records and Tabulations:

**Joe Magiera**

[joemagiera AT ameritech DOT net](mailto:joemagiera@ameritech.net)

Finance Chair:

**Phil Dodson**

[myfavcpa AT aol DOT com](mailto:myfavcpa@aol.com)

## Executive Committee

Chair:

**Nadine KM Day**

[president AT ilsma DOT com](mailto:president@ilsma.com)

Vice Chair/Webmaster:

**Chris Colburn**

[vp AT ilsma DOT com](mailto:vp@ilsma.com)

Secretary/Newsletter Editor:

**Heather Howland**

[secretary AT ilsma DOT com](mailto:secretary@ilsma.com)

Treasurer/Legal:

**Barbara Delanois**

[treasurer AT ilsma DOT com](mailto:treasurer@ilsma.com)

Registrar:

**Greg Weber:**

[registrar AT ILSMA DOT com](mailto:registrar@ILMSA.com)

Mark your calendar!

**ILMSA Meeting  
October 11, 7–9 pm.**

Oak Brook Rec Center  
1450 Forest Gate Rd.  
Oak Brook, IL 60523

**The Sink or Swim Classic**  
**Hosted by Libertyville Masters**  
 October 21,2007

Sanctioned by ILSMA for USMS, Inc. #217-017

TIME: Warm up form will be from 7:00am-7:30am, 400 IM begins at 7:30. Following the conclusion of the 400IM, a 30-minute warm up period will be available (not to be begin before 8AM).

LOCATION: Vernon Hills High School, 145 Lakeview Parkway, Vernon Hills IL 60061.

FACILITY: 25-meter indoor pool, 8 lanes for competition with a continuous warm up/warm down area in the diving well, non-turbulent lane lines and electronic timing and display. OUR FACILITY HAS BEEN MEASURED IN ALL COMPETITION LANES AS REQUIRED BY THE 2007 USMS RULES FOR TOP TEN AND RECORDS RECOGNITION. There is ample parking on the west side of the building closest to the natatorium; there is also ample locker room space.

ELIGIBILITY: USMS designated age groups 18+ apply. Current registration with a USMS card is required. A photocopy of your USMS card must accompany your entry and wavier. Per USMS/FINA rules in short course meters meets your age as of December 31, 2007 determines your age group for the meet. THE ILSMA CONSOLIDATED ENTRY FORM MUST BE USED TO ENTER THE MEET. To download the entry form, go to <http://ilmsa.com/competiton/upcoming>. "NoTime" entries will be accepted; the 400IM and 400 Free will be limited to the first 24 swimmers who sign up: no deck entries for the distance events.

MEET CONDUCT: 2007 USMS rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with sexes and age groups combined. All events will be deck seeded. Participants are limited to 5 events plus relays. Competitors attempting records must notify the starter to assure that 3 timers are available in addition to the electronic timing equipment.

CHECK IN, WARM-UP, AND AWARDS: Entry to facility and warm ups starts at 6:45AM and warm up starts at 7:00am. All competitors must check in before 8:00AM. Deck entries will close at 7:30AM. There will be designated sprint lanes for block starting dive practice. Ribbons will be awarded for all events.

**Order of Events**

1	400 IM	10	50 Fly
2	200 Free	11	100 IM
3	50 Free	12	200 Mixed FR
4	100 Breast	13	200 Breast
5	100 Back	14	200 Back
6	200 Mixed MR	15	100 Fly
7	50 Breast	16	50 Back
8	200 Fly	17	200 IM
9	100 Free	18	400 Free

Checks payable to: **Jim Rowland**. Mail signed entry card, check and copy of USMS card to: **Laurel Liberty, 1338 Trinity Place, Libertyville, IL 60048**

Entries must be received by October 15, 2007. Entry questions? Laurel Liberty 847-274-3627 or email: [Coachlaurel@sbcglobal.net](mailto:Coachlaurel@sbcglobal.net)

<b>ENTRY FEE AMOUNTS TO BE ENCLOSED:</b>		
	#of individual entries X \$ 4.00 =	
	# of Relay entries X \$8.00 =	
	Swimmer surcharge X \$2.00 =	
	<b>Total Due with Entry =</b>	

# ILLINOIS Masters Swimming Association Consolidated Entry Card

Name \_\_\_\_\_ Male Female

USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Club: \_\_\_\_\_ Subgroup (Team): \_\_\_\_\_

**Meet:** \_\_\_\_\_ **Date:** \_\_\_/\_\_\_/\_\_\_

**USMS rules limit a swimmer to no more than 5 individual events per day.**

EVENT #:	EVENT	SEED (entry) TIME
_____	_____	____:____
_____	_____	____:____
_____	_____	____:____
_____	_____	____:____
_____	_____	____:____

No of events: \_\_\_\_\_ x \$ \_\_\_\_\_ (cost per event) = \_\_\_\_\_

Meet Surcharge: = \_\_\_\_\_

T-Shirt size: S M L XL T-shirt (if applicable)= \_\_\_\_\_

Meet Results (if applicable)= \_\_\_\_\_

TOTAL: = \_\_\_\_\_

**Make checks payable to & mail to the address specified on the Meet Information Sheet.**

**PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card) or entries postmarked after the due date MAY BE REJECTED.**

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, AND ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Please sign: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Emergency Contact/Telephone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

**ATTACH A COPY of your USMS CARD**