



# Lane Lines

*Read between the lines...*

## Twenty-five Years Ago in Southern Masters Swimming As remembered by Doug Holmes

Twenty-five years ago, Southern Masters Swimming (SMS) started as an LMSC (local masters swim club) of USMS. Before 1984, Louisiana's masters swimming organization was part of the Southern AAU, and we called ourselves the Crawfish Masters, which was not appropriate for a Mississippi and Louisiana LMSC, so we selected the name Southern Masters Swimming. SMS had 200 members twenty-five years ago in their first year and 300 by 1987 (586 by the end of 2009). 1984 was the year the "no false start rule" was implemented by the new USMS Rules Committee. 1984 was a banner year for SMS because we had the 1984 World's Fair LCM Championship Meet (\$3600 profit for SMS) and the first Sugar Bowl SCM Championship Meet, both at the new UNO pool, I believe. Laura Breaux of the Red River Master's was our first SMS chairperson and newsletter editor, Bill Myers of Ocean Springs was the Registrar and I was the treasurer from 1984 until 1987. SMS membership cost \$10 and included quarterly newsletters of eight to fourteen pages! June Krauser sent out a USMS newsletter long before the USMS offered a swim magazine. USMS got \$3.75 (37%) not the \$27 (67%) they take out of our \$40 dues today, but USMS did not have swimmer's insurance, paid staff, or the *Swimmer* magazine. SMS had ten teams in 1984 and 15 days of swim meets per year. Our income and expenditures averaged about \$2500 per year. Although our membership was only 200, we often had over 100 swimmers at our meets, partly because often a third of the swimmers were from out of our two state area. Twenty-five years ago Bill Babcock and Yvonne Frichertz, Pat Arnold's mother, were training for the first international master's meet in New Zealand in 1985 where they set World's Records.

The father of Louisiana master's swimmers was Joe Paul Steiner who got some of the AAU age groups swim meets to include a few events for adults in the 1970s. He was the de facto president of Crawfish Masters and editor of the newsletter until 1984 and took his RV to all the meets. The first LCM National Master's was in Indiana in 1972. In 1974, Joe Paul and I swam with a few others in an Alexandria State AAU age group meet where Wally Fall coached and still coaches. In 1976, I went with Joe Paul and former LSU swimmer, Paul Hebert, and others to the SCY Nationals in San Antonio. Joe Paul was last listed in the USMS Top Ten in 1999, still lives in Baton Rouge, and is doing well at age 93. Jesse Coons and Moe Stern (died in 2008) are two other ninety year old SMS and Top Ten record holders. Ed Kelly helped me host Hurricane Master's meets in Slidell in the late 1970s and early 1980s. In 1986, we started the North Shore Masters coached by Bill Babcock and later Charlie Hoolihan. Perhaps the best name for a master's team was the BUMS (**B**ottoms **U**p **M**asters) coached by Chris Prater at the Metairie YMCA. But it was Dick Bower's Bolts and later the Elmwood Sharks who would dominate SMS Championships with the Crawfish Aquatics Master's team in Baton Rouge coached by former LSU swimmer Scott Rabalais, and now by our SMS Chair, Nan Fontenot. The first SMS Hall of Fame members were Yvonne Frischertz, Mike Offner, Dick Bower and Scott Rabalais. Master's swim times have dramatically improved in the 110 National and 75 SMS Championship meets since 1972. No one knows that better than our SMS and USMS Top Ten record keeper Vickie Buccino.

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### SMS Leaders:

Nan Fontenot - chairman  
[masters@crawfishaquatics.com](mailto:masters@crawfishaquatics.com)

Doug Kopp - registrar  
[doup\\_kopp@yahoo.com](mailto:doup_kopp@yahoo.com)

Douglas Holmes - secretary  
[douglasholmes@aol.com](mailto:douglasholmes@aol.com)

Rob Cambais - treasurer  
[robambais@allstate.com](mailto:robambais@allstate.com)

Fay Lachney - sanctions  
[fv10205@hotmail.com](mailto:fv10205@hotmail.com)

Vicki Buccino - Top 10  
[vbuccino@hotmail.com](mailto:vbuccino@hotmail.com)

# Brief History of United States Masters Swimming

## By Doug Holmes

Ransom Arthur and John Spannuth presented their concept of "Masters" swimming to the AAU at the 1971 Lake Placid Convention. We are indebted to these pioneers and the AAU for getting Masters swimming started. Ransom Arthur was appointed the chairman of an AAU Masters subcommittee. June Krauser wrote the first "Official Masters Rules." The first Masters SCY National Championship was in Amarillo in 1971 with 160 participants. You may recognize some of them: Buster Crabbe, Doc Councilman, Indiana U. swim coach and at one time the oldest man to swim the English Channel, Ted Haartz, National Masters president until 1981. The first LCM Nationals was held in Indianapolis in 1972. In 1981 USMS became the National Governing Body with their own National Convention.

Ted Haartz still attends the USMS National Conventions and I had the privilege of talking to him in the Hospitality Suite at the 2009 Convention. Paul Hutinger, professor of an Illinois college and author, collected statistics showing that Masters swimmers from age 45 to 65 would show only a one percent decline in physical ability every three years on the average. I am sure there are more modern studies indicating even more remarkable results of older competitive swimmers, but this was big news in the 1970-80s that helped Masters swimming become popular. Swimming records have improved during the thirty years between 1970 and 2000 by 32% in the 50 free, 38% in the 100 free, and 45% in the 200 free in the women's 35-39 age group. Ham and Mildred Anderson of Houston Texas swam in all the early national meets and took lots of snap shots at those meets. I was indebted to them because they opened their private pool to me when I was in Houston on business in the 1970s when most of the hotels did not have heated pools. Tom Boak who has swum in many of our meets in Louisiana was USMS president and coach at the Woodlands which held National LCM Championships in 1987, 1990, and 2007. He was at the recent National USMS Convention along with Graham Johnston who holds many USMS records for 70-80 year olds. At 2009 Convention we got up at 4:30 AM and took a bus from the Chicago O'Hare Hyatt to downtown for an hour workout and once to swim two miles in Lake Michigan where the 2009 Open Water National Championships were held. We had USMS meetings from 8 AM to 8 PM for four days, and the USA Aquatic and USMS Awards banquet was held on Saturday night.

During the five years from 1981 to 1986, USMS membership doubled from 11,000 to 22,939 swimmers. In 1988 the first FINA World Championships were held in Brisbane, Australia, although there had been International Masters Meets in Toronto in 1978, and in Christchurch, New Zealand in 1984. USMS membership grew by 1000 members per year, on the average, from 1986 until 1996 when it reached 32,330 Masters swimmers. Since 1996 USA swimmers' medal production in the Olympics has helped increase USMS membership by almost 2000 members per year, on average. USMS membership in 2009 is almost 55,000, and SMS memberships reached 586. Some of the larger championship meet attendances are: 1400 swimmers in the 2000 LCM National in Baltimore, 2328 swimmers in the 1987 SCY National in Palo Alto California, and 6700 swimmers in the 2000 LCM FINA World in Munich. Walt Reid prepared the USMS and World Records for awhile. Presently Top Ten records only go back to the early 1990s on USMS.org, but the new USMS office in Sarasota Florida plans to recover records back into the 1970s.

USMS and SMS are indebted to many pioneer volunteers over the years like SMS's Vicki Buccino who has been submitting Top Ten times and keeping SMS Records since the 1980s, I believe. What do these 55,000 dedicated Masters swimmers like yourself have in common? They love to swim, compete, socialize, have fun, and practice regularly to maintain fitness for life. So register for USMS membership in the SMS this year and every year for the rest of your life. Your body will thank you. Remember Douglas "McArthur" Holmes' famous statement "Old swimmers finally die, but they enjoy swimming until the last day possible." Hope to see you at a Masters swim meet soon.

## Upcoming Events

- Southern Masters Short Course Meet-Crawfish Aquatics - March 5-7
  - Annual Southern Masters Meeting
  - Luncheon open to all at Crawfish Aquatics after the meet
- Senior Olympics – Baton Rouge at Crawfish Aquatics – Saturday, March 13
- Senior Olympics – New Orleans at UNO Natatorium – Monday, March 29



CRAWFISH AQUATICS  
Short Course Yards Championship



**Date:** Friday March 5, 2010  
Saturday March 6, 2010  
Sunday March 7, 2010

**Times:** Friday March 5, 2010  
Warm-up 5:00 p.m.  
Meet Starts 5:45 p.m.  
Saturday March 6, 2006  
Warm-up 9:00 a.m.  
Meet Starts 10:00 a.m.  
Sunday March 7, 2006  
Warm-up 9:00 a.m.  
Meet Starts 10:00 a.m.

**Sanction:** Sanctioned by Southern Masters Swimming for USMS Inc.

**Facility:** Ketcham Fitness Center Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge. Indoor, 8-lane 25 yard course, depth 13 feet at starting end, 4 feet at turning end; 30 yard pool available for warm-up during the meet.

**Rules** 2010 USMS Rules shall govern.

**Eligibility:** All participants must be registered with United States Masters Swimming. A copy of your 2010 USMS card is required with the completed entry.

**Entries:** Swimmers may enter a maximum of five individual events per day, plus relays.

**Deadline** All entries must be received by February 26, 2010. Additional \$5.00 for late entries. Late entries accepted where room is available.

**Fees:** \$30.00 per swimmer for the full meet  
\$18.00 per swimmer for one day  
\$10.00 per swimmer swimming only the mile

**Entries:** Prior to February 26, 2010, please mail completed entry form, copy of USMS card, and check (payable to Crawfish Aquatics) to:

Jeff Maynor  
Crawfish Aquatics SCY Championships  
8276 Menlo Dr.  
Baton Rouge, LA 70808

Entries can also be sent by E-mail to [jmaynor@lsu.edu](mailto:jmaynor@lsu.edu); a copy of the USMS card and entry fees (including any applicable late fee) will be collected upon arrival at the meet.

**Seeding:** All events (except the 1650 yard Free) will be seeded slow to fast without regard to age. The 1650 yard Free will be seeded fast to slow without regard to age. There will be a short break between relays and distance swims on Saturday and Sunday.

**Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, etc.  
Relays 18+, 25+, 35+, 45+, etc.

**Scoring:** Individual events: 9-7-6-5-4-3-2-1. Relays are double points.

**Results:** Will be available on the Internet at [www.crawfishaquatics.com](http://www.crawfishaquatics.com) or mailed to you upon request.

**Director:** Nan Fontenot (225) 769-4323 Email – [swimcraw@bellsouth.net](mailto:swimcraw@bellsouth.net)

**Awards:** Ribbons will be provided for all events.

**Hotel:** [Hyatt Place Baton Rouge/I-10](http://www.hyatt.com/hyatt/reservations/flow6/place/propCheckAvailability.jsp?pid=btrzs&extCorporateId=50572)  
6080 Bluebonnet Boulevard  
Baton Rouge, Louisiana 70808  
Tel: 225 769 4400  
Book through local hotel or with Central Reservations  
Book through Crawfish Aquatics – Rate \$89 a night  
Account: Crawfish Aquatics  
- Rate Plan: EXFT  
- Category: VOL1  
- CR#: 50572  
- Rate: \$89  
- Booking link:  
<http://www.hyatt.com/hyatt/reservations/flow6/place/propCheckAvailability.jsp?pid=btrzs&extCorporateId=50572>

**Order of Events**

<b>Friday March 5, 2010</b>	
<b>Warm-up 5:00 p.m.</b>	
<b>Meet Starts 5:45 p.m.</b>	
1650 Free	
<b>Saturday March 6, 2010</b>	<b>Sunday March 7, 2010</b>
<b>Warm-up 9:00 a.m.</b>	<b>Warm-up 9:00 a.m.</b>
<b>Meet Starts 10:00 a.m.</b>	<b>Meet Starts 10:00 a.m.</b>
400 IM	100 Back
100 Free	200 IM
200 Breast	50 Free
50 Back	200 Fly
100 Fly	100 Breast
100 IM	50 Fly
200 Back	200 Free
50 BR	200 Medley Relay
200 Free Relay	200 Mixed Free Relay
200 Mixed Medley Relay	500 Free

**\*\*ENTRY FORM\*\***  
**CRAWFISH AQUATICS**  
**SHORT COURSE YARD CHAMPIONSHIP**

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: \_\_\_\_\_ Age (as of 3/5/2010): \_\_\_\_\_ Sex: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/State: \_\_\_\_\_  
 E-Mail Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
 USMS #: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_

Circle desired event numbers and list seedtime in yards (NT for no time). Limit of five individual events per day.  
 Relays deck entered.

Friday, March 5, 2010							
Warm-up 5:00 p.m., Meet 5:45 p.m.							
W	M	Event	Seed Time				
1	2	1650 Free					
Saturday, March 6, 2006							
Warm-up 9:00 a.m. Meet 10:00 a.m.				Sunday, March 7, 2006			
W	M	Event	Seed Time	W	M	Event	Seed Time
3	4	400 IM		23	24	100 Back	
5	6	100 Free		25	26	200 IM	
7	8	200 Breast		27	28	50 Free	
9	10	50 Back		29	30	200 Fly	
11	12	100 Fly		31	32	100 Breast	
13	14	100 IM		33	34	50 Fly	
15	16	200 Back		35	36	200 Free	
17	18	50 BR		37	38	200 Medley Relay	xxxxxxxx
19	20	200 Free Relay	xxxxxxxx	39	40	200 Mixed Free Relay	xxxxxxxx
21	22	200 Mixed Medley Relay	xxxxxxxx	41	42	500 Free	

\* There will be a short break between relays and distance swims on Sunday.

**LIABILITY RELEASE:**

*"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 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, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Entries must be received by**  
**Friday February 26, 2010**

Mail entries to:  
 Jeff Maynor  
 Crawfish Aquatics SCY Championships  
 8276 Menlo Dr.  
 Baton Rouge, La 70808

**Fees: Payable to Crawfish Aquatics**

\$30.00 per swimmer for the full meet \$18.00 per swimmer for one day \$10.00 per swimmer swimming only the mile Send copy of 2010 USMS registration card
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