

Feb, 2011

Lane Lines

Crawfish Senior Age Group Head Coach Billy Newport and Jayme Cramer treat SMS swimmers to a special team

On Saturday, February 5th Crawfish Aquatics hosted a SMS Team workout. The workout was written by Jayme Cramer.

The workout was 2 hours of intense workout. Whew, it was all good stuff. The 3 coaches broke up into groups. Each coach worked on a different area of technique. After the warm-ups, we all did vertical kicks to get our legs working well..yep we worked hard on kick techniques. After this we broke into sessions. Each coach rotated around to each group.

Practice Recap from Saturday:

Warm Up

Kick Sets

Kicking drills working on kicking with hip flexors, keeping hips up and working on a small fast quick- used buoy b/w legs and did vertical kicking

30 minutes of drill works- 3 x 10 minute stations

Billy- Short Axis Strokes (Breast and Fly)

Nan- Turns

Jayme- Long Axis Strokes (mainly freestyle)

Challenge set which rotated perfect technique and drills with fast swimming in order to work on swimming with perfect technique while fatigued

Race 100 from a dive- we had great swims and effort by ALL!!!!

See Bios of each coach on page 6 of newsletter. Everyone attending enjoyed the workout...yes we were tired after. Praying that these coaches will hold another clinic with us again in the near future.



Masters Swimmers We don't get old, we just age up.

Special Points of Interests:

- > SMS Team Workout
- > Pictures from the team workout
- > Nutrition with Linda Ponder
- > Oldest Swimmer
- > Bios of Coaches for SMS Team Workout
- > Upcoming Events
- > Entry Forms Short Course Yards Meet in March

SMS Leaders

Nan Fontenot- Chairman
masters@crawfishaquatics.com

Doug Kopp-Registrar
Doug_kopp@yahoo.com

Douglas Holmes- Secretary
douglasaholmes@aol.com

Rob Cambais- Treasurer
robcbambias@allstate.com

Fay Lachney- Sanctions
fv10205@hotmail.com

Vicki Buccino- Top 10
vbuccino@hotmail.com

Ann Walton-Newsletter
aw1Dis@cox.net







Linda Ponder , MS LDN RD Nutritionist met with the SMS team after the workout to discuss exercise, competition and nutrition. We learned many tips about sports bars, gels and drinks. She sent everyone in attendance home with flyers for shopping, recipies, and what to eat before and after workouts.

Thank you Linda, we will hope that you join us again soon.

How to meet your nutrition needs for exercise and competition:

Goals of nutrition before exercise:

- Consume a carbohydrate-rich snack or meal before exercise to top off muscle glycogen stores.
- Include small amounts of protein (1-2 oz.) in your pre-exercise meals. Protein helps build and repair muscle tissue.
- Adequate protein before exercise may help reduce post-exercise muscle soreness.
- Choose pre-exercise meals that are low in fat and fiber to ensure optimal digestion.

3-4 hours before competition or exercise:

- Peanut butter and honey on toast + instant breakfast drink
- Fruit and yogurt smoothie + low fat granola
- Oatmeal with brown sugar and almonds + skim milk + banana
- Low-fat cottage cheese + apple butter+ crackers + fresh grapes
- Lean hamburger on bun with lettuce and tomato + side salad + yogurt-fruit parfait
- Turkey and swiss sandwich + fruit + sports drink
- Low-fat tuna melt sandwich + fruit cup + fat-free yogurt

30 – 60 minutes before competition or exercise:

- Sports drink or water
- Sports gel, sport beans or gummies, sports bar
- Piece of fruit or jam sandwich

Goals of nutrition for recovery:

- Restore fluid and electrolytes lost in sweat; weigh before and after exercise and replenish what is lost.
- Replace muscle fuel (carbohydrates) utilized during practice
- Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue
- Begin nutrition recovery with a snack or meal within 15-60 minutes following practice or a competition

Recovery Snack Ideas:

- Smoothie made with yogurt and frozen berries
- Sports drink (carbohydrate, electrolyte, and fluid) + sport bar (carbohydrate and protein)
- Graham crackers with peanut butter + low-fat chocolate milk + banana

Recovery Meal Ideas:

- Whole wheat pita sandwich with turkey and veggies + pretzels + low-fat milk
- Rice bowl with beans, cheese, salsa, avocado + whole grain tortilla chips or whole wheat tortilla
- Stir fry with lean steak, broccoli, bell peppers, carrots, + brown rice

Remember that vigorous exercise stimulates appetite, so eating right along the way can prevent bingeing AND provide stores of energy for competition or exercise.

Oldest Guy on the Team—by Doug Holmes

Oldest Guy on the Team by Doug Holmes

The problem is what to do at a swim meet with the oldest guy on the team when it gets time to select relays. No one really wants that overweight 74 year old fellow on their 200 meter relay team in a USMS National or Zone Championship Swim Meet. The oldster with slow twitch muscles never swims short events, relays, or the 50 freestyle because it is his slowest relative stroke and he never comes close to Top Ten times. He swims his same slow pace in the longer events at about the same time per lap that he swims in practice. Reoccurrence of cancer last year, radiation, meds, and advanced age have added 25 to 50 % to his best times. To set a new record at the Dixie Zone Championships in the 200 SCM Men's freestyle relay, the team needs four SMS men who can each swim well below 30 seconds in the 50 free. It would take four 50 year old men to average 24.5 seconds in the 50 M free to beat the Dixie Zone 200 M free relay record of 1:38.79 set by Rowdy Gaines' relay in 2010. But SCM (not SCY) national and zone meets only requires four SMS members whose ages total between 200-239 (40 year team intervals) who each swim 50 M free in under 30 seconds. So why even consider the oldest guy who just swam the 400 IM in 8:28 or an average of 63.5 seconds per 50 M? We have men 32, 42, and 58 who swim 50 M free in 26, 27, and 28 seconds, respectively. To humor him, they put him in the Men's 200 M free and the 200 M medley relays to make the minimum age threshold of 200 years ($32+42+58+74=206$). He surprises everyone by swimming the 50 M free in 37.17 and 36.38 seconds in the two relays. It was an awesome team effort breaking each of the two existing Men's relay SMS records by about five seconds and placing third in the Dixie Zone Top Ten in both relays. New SMS Men's 200 SCM free 200-39 relay record of 1:58.56 set by Jeff Maynor, Greg Ellison, Doug Holmes and Rob Cambias **breaking old SMS record of 2:04.67 set in 1987 by Dick Bower's team by 6.11 seconds.** New SMS Men's 200 SCM medley 200-39 relay record of 2:11.54 set by Terry Jaynes, Rob Cambias, Jeff Maynor and Doug Holmes **breaking old SMS record of 2:16.11 by 4.57 seconds.**

But would you select the old fellow again? Who would you chose for your relay if you had a choice of a 19 year old who swims 50 M free in 19 seconds, a 32 year old who swims 50 M free in 24 seconds, or a 74 year old who swims 50 M free in 36.38 seconds? If you said the 74 year old you would be right. The 19 sec by the 19 year old adds 1.0 sec per year of age; the 24 sec by the 32 year old adds .75 sec per year of age; but the 36.38 sec (converts to 32.60 sec for 50 yards) by the 74 year old adds only .49 sec per year of age. The 74 year old may be twice as valuable as the 19 year old (adding .49 not 1.0 sec) to achieve the minimum age in a relay in SCM meets. If a team had four swimmers who swam .49 seconds per year of age in the 200 M free relay they would have broken Rowdy Gaines' team Dixie Zone record of 1:38.79 ($.491 \times 200 \text{ years} = 1:38.2$). Of course, if Rodney Gaines is available chose him. He set the 50 M freestyle world's record at 22.96 sec in 1980. At age 50, he swam 23.38 sec in 50 M free, so he adds only .4676 seconds per year of age. Greg Ellison at age 58 swam a 27.78 sec time in the 200 free relay for an outstanding .479 sec per year of age. So next time you are looking for a fourth for your relay don't over look the older folks on your team.



Age is only a mind set...I would say that Doug is not oldsimply experienced. He is invited to join our relay teams at any meet. We are so thankful to have him as part of our Southern Masters Team.

Doug is pictured here checking out the Crawfish bulletin board. He stopped by to attend the special practice held by Jayme Cramer and Billy Newport.



Master swimmers We don't get old, we just age up.

Join us in March for the 2011 Membership Meeting to be held at Crawfish Aquatics following the Short Course Meet.

Southern Masters Swimming organizes Masters swim teams from Louisiana and Mississippi. We are proud of all of our swimmers. We are constantly growing and improving. Check for teams in your area and join today.

Invite all unattached swimmers to affiliate with your team. We want all competitive swimmers to be attached to a club and Southern Masters Swimmers. We can build a stronger team for national and regional meets.

Ann's Corner:

A note to all teams.

Please submit an article from your team. Please submit articles to:

aw10is@cox.net

We will also feature a club coach in each issue. We will contact you for your personal information and team information.

Working on new stories for the future.

Your HOME WORK!!!

We need pictures of all SMS swimmers as a junior or baby swimming.

Submit your pictures as soon as you can to:

aw10is@cox.net

Join us on Facebook—
Crawfish Aquatics Masters

Your HOME WORK!!!

SMS Teams—contact them when you are traveling: (Cont. below)

CROS—Cross Gates Family Fitness
200 N Military Road
Slidell, La 70461
Cece Dugas—985-285-7946
ceceswim@juno.com

PAC—Pelican Athletic Club
1170 Meadowbrook Drive
Mandeville, La 70471
Charlie Hoolihan—985-626-3706
Charlie@thepac.com

ES—Elmwood Sharks
1200 S. Clearview Pkwy Suite 1200
Harahan, LA 70123
George Rucker—504-994-9911
grucker1@bellsouth.net

RRM—Red River Masters
620 Prospect #3
Shreveport, La 71104
Janet Martin—318-226-9592

BTAC—Bengal Tiger Aquatic Club Masters
5261 Highland Road Suite 324
Baton Rouge, La 70808
Missy Wiseman—225-578-5078
office@swimtaq.com

FFF—Flowwood Fighting Flounders
1645 Piedmont St.
Jackson, Ms 39202
Kate S. Eidt—601-355-5831

RTM—Riptide Masters
116 Frenchmen Dr.
Mandeville, La 70448
Judith P. Kloepfer—985-951-9331
coachjudith@riptideswimclub.or

CCSC—Crescent City Swim Club
964 Athania
Metairie, La 70001
Mike Falati—504-838-9384
ccsnola@aol.com

Franco's Fins Masters
100 Bon Temps Roule
Mandeville, La 70471
Robby Fritcher—985-705-5597
rfritscher@myfrancos.com

Shockwave Masters
106 Andrew Circle
Tupelo, MS 38801
Barbara Aguirre—662-842-3258
Aguirre.barbara@gmail.com

CRAQ—Crawfish Aquatics Masters
7150 Bluebonnet Blvd.
Baton Rouge, La 70810
Nan Fontenot—225-769-4323
masters@crawfishaquatics.com

Frank's Master Gators
PO Box 1519
Houma, La 70361
Frank Shepard—985-851-7665
fswim@hotmail.com

www.southernmastersswimming.org

Southern Masters Swimming

Master swimmers We don't get old,
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Jayme Oliver Cramer:

Jayme Cramer was a member of the USA Swimming National Team Member 2000 to 2008. In that time, he was a two time World Champion (4x200 Freestyle Relay- Montreal, Canada [2005] and Brisbane, Australia[2007]), won multiple medals at the 2006 Short Course World Championships, 2003 Pan American Games and 2001 Goodwill Games. He competed at Stanford University from the fall of 2001 to the spring of 2005 where he was an individual (200 freestyle) and relay NCAA Champion, 20-time All-American, multiple time PAC 10 champion and captain of the team his junior and senior season.



Prior to college, Jayme grew up in Cincinnati, Ohio and was named Swimming World Magazine National High School Swimmer of the Year in 2001.

After graduating from Stanford with a BA in Economics Jayme swam professionally for USA Swimming from 2006 to 2008 while based in Baton Rouge and represented Crawfish Aquatics. He has competed in the last three Olympic Trials and his proudest swimming moments were his chances to give back to younger and older athletes and hopes that he can impart the wisdom he has learned from his swimming experiences to benefit others not only on Crawfish and Southern Masters Swimming, but to swimmers everywhere.

**Get your entries in for
Short Course
Championship March
18-20 Crawfish
Aquatics, Baton Rouge,
La.**

Billy Newport:

A native of New Orleans, Coach Newport attended Jesuit High School and graduated from the University of New Orleans with a Bachelors degree in education. He has been an active USA Swimming Coach since 1979. As a 12 & under coach swimmers under his care achieved over forty Top 16 National listings and several state records. He was named Age Group Coach of the Year twice, once for Southeastern Swimming and once for Louisiana Swimming.

Coach Billy has been coaching the 13 & over age groups for the past 10 years. Within that time period the swimmers he has trained have participated in the United States Olympic Trials, Senior Nationals, and Junior Nationals.

Coach Billy has been the **Senior Age Group Head Coach of Crawfish Aquatics** since 2005. The team has been Louisiana state champions six times since his arrival.

Nan Fontenot:

A Lake Charles, La. native, Nan graduated from Louisiana State University with a bachelor's degree in Education in 1980. Nan was on the Louisiana State University Swim Team from 1975-1976 and has been coaching and teaching swimming since 1973.

Coach Nan joined the Crawfish Aquatics staff full time in 2006 with a focus on developing the Masters Swim Program, which currently boasts over 130 adult swimmers of all fitness levels and swimming experience. As Associate Director of Swimming Lessons she oversees the daily operations of the Swimming Lesson program.

Additionally, Coach Nan serves as the coach for Christian Life Academy, Parkview Baptist, and Walker High School swim teams. She was voted Female Team High School Coach of the Year for the Capital City Swim League in 2005 and again in 2008. Nan also serves as SMS Coach in National and Regional swim meets.

Nan, her husband Randy, and daughters Katie and Chavanne, lived in Kemerovo, Siberia for eight years doing missionary work. Her family continues to do missionary work in Siberia, Africa, and Mexico.

Upcoming Events

Mark your calendars



Southern Masters Swim-

Masters Swimmers we don't get old, we just age up.

Greater Baton Rouge Senior Olympics/District Games—March 12, 2011

online is now live: <http://ebrcoa.org/olympics/registration>

Crawfish Aquatics Short Course Yardage Meet—Baton Rouge, La

March 18-20, 2011 Entry form attached.

Contact Nan Fontenot: masters@crawfishaquatics.com

The 2011 Greater New Orleans Senior Olympics (GNOSO) Swimming Event, open to age 50 and over, will be held Sunday, March 13, 2011 at the University of New Orleans Aquatic Center with warm-ups starting at 9 AM and competition at 10 AM.

Information, including the downloadable entry form is available at the GNOSO website <http://www.gnoso.net/>. The Entry Form deadline is shown as February 4 because of other games starting in February. We will accept late entries for the swim event until early March. For more information, please feel free to contact me.

Regards,
Bill Jennings
GNO Senior Olympics Swimming Event Coordinator
Email: billajennings@gmail.com
Phone: 504-887-3530

Apr. 28-May 1 / SCY: USMS Short Course Nationals. Mesa AZ.

June 3-5 / LCM: Southern Masters LCM Championships. New Orleans LA

Aug. 3-6 / LCM: USMS Long Course Nationals. Auburn AL



****ENTRY FORM****

**CRAWFISH AQUATICS
SHORT COURSE YARD CHAMPIONSHIP**

Sanctioned by Southern Masters Swimming for USMS Inc.

Name: _____ Age (as of 3/18/2011): _____ 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.

<u>Friday, March 18, 2011</u>							
<u>Warm-up 5:00 p.m., Meet 5:45 p.m.</u>							
<u>W</u>	<u>M</u>	<u>Event</u>	<u>Seed Time</u>				
<u>1</u>	<u>2</u>	<u>1650 Free</u>	-				
<u>Saturday, March 19, 2011</u>				<u>Sunday, March 20, 2011</u>			
<u>Warm-up 9:00 a.m. Meet 10:00 a.m.</u>				<u>Warm-up 9:00 a.m. Meet 10:00 a.m.</u>			
<u>W</u>	<u>M</u>	<u>Event</u>	<u>Seed Time</u>	<u>W</u>	<u>M</u>	<u>Event</u>	<u>Seed Time</u>
<u>3</u>	<u>4</u>	<u>400 IM</u>	-	<u>2</u>	<u>2</u>	<u>100 Back</u>	-
<u>5</u>	<u>6</u>	<u>100 Free</u>	-	<u>3</u>	<u>4</u>		
<u>7</u>	<u>8</u>	<u>200 Breast</u>	-	<u>2</u>	<u>2</u>	<u>200 IM</u>	-
<u>9</u>	<u>10</u>	<u>50 Back</u>	-	<u>5</u>	<u>6</u>		
<u>11</u>	<u>12</u>	<u>100 Fly</u>	-	<u>2</u>	<u>2</u>	<u>50 Free</u>	-
<u>13</u>	<u>14</u>	<u>100 IM</u>	-	<u>7</u>	<u>8</u>		
<u>15</u>	<u>16</u>	<u>200 Back</u>	-	<u>2</u>	<u>3</u>	<u>200 Fly</u>	-
<u>17</u>	<u>18</u>	<u>50 BR</u>	-	<u>9</u>	<u>0</u>		
<u>19</u>	<u>20</u>	<u>200 Free Relay</u>	xxxxxxx	<u>3</u>	<u>3</u>	<u>100 Breast</u>	-
<u>21</u>	<u>22</u>	<u>200 Mixed Medley Relay</u>	xxxxxxx	<u>1</u>	<u>2</u>		
-	-	-	-	<u>3</u>	<u>3</u>	<u>50 Fly</u>	-
				<u>5</u>	<u>6</u>	<u>200 Free</u>	-
				<u>7</u>	<u>8</u>	<u>200 Medley Relay</u>	xxxxxxx
				<u>9</u>	<u>0</u>	<u>200 Mixed Free Relay</u>	xxxxxxx
				<u>4</u>	<u>4</u>	<u>500 Free</u>	-
				<u>1</u>	<u>2</u>		
				-	-	-	-

* *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 _____ Fees: _____ Payable to *Crawfish Aquatics*

Friday March 11, 2011

Mail entries to:

Jeff Maynor

Crawfish Aquatics SCY Championships

8276 Menlo Dr.

Baton Rouge, La 70808

<p>\$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</p>
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Southern Masters Swimming
C/O Nan Fontenot
Crawfish Aquatics
10522 South Glenstone Place
Baton Rouge, La 70810

