

Nov 2010

# Lane Lines

## Reflections on SMS and Family Swimming Traditions

By: Pat Arnold



At age 71 I find myself among the senior members in SMS by age and seniority along with Doug Holmes, an impressive record holder, and several others. If my calculations are correct, I am entering my 29<sup>th</sup> year in SMS.

My parents taught me to swim when I was about four. I never belonged to a swim team until age 43 in SMS. However, I spent almost every summer day from about age 11 to 17

### Pat Arnold—Cont.

meets. One of Lloyd's most memorable swims was the race across Lake Pontchartrain (5 miles) to celebrate the completion of the Hwy. 11 Bridge across Lake Pontchartrain in 1931. First place prize was a case of Coca Cola which he won. Lloyd never got to swim in SMS; he died in 1961. Nevertheless, one of his swimming buddies from those early years did – Mike Offner. Mike was instrumental in introducing the dolphin kick for butterfly in the New Orleans area in the 1930's. Previ-

ously, the breaststroke kick was used with fly. Although Mike died several years ago, he still holds about 22 SMS records. Yvonne's swimming achievements are astonishing! She qualified for the national meets during all 13 ½ years of masters swimming and took "All American" honors 10 of those years. "All American" means you swam an event faster than anyone in the US in your age group that year in a sanctioned meet (#1 in the Top 10

hanging out at Stallings Playground pool in New Orleans near the fair grounds. At the end of the summer there was one meet at each NORD pool. The winners went to the city-wide meet. Medals were awarded. Fast forward to 1982. My sisters (Kathleen Pilie' and Agnes Kessel) and I had our total of six children swimming year round on a team. Noticing an unused lane at the pool, Kathleen and I inquired about using it. The children's swim coach, Janet Steadman, soon had a Masters' swim team. Kathleen still swims competitively occasionally, mostly to qualify for the



Senior Olympics.

About a year later we convinced our mother, Yvonne Frischhertz, to join us. She had swum competitively from age seven to 25. Her sister, Millie, also was an outstanding swimmer in her youth. Now at 65 she was back after a 40 year hiatus, six children, 13 grandchildren, and three great-grandchildren.

Yvonne met her husband, Lloyd (Daddy), while swimming. Both swam in SAAU meets across the South. Lloyd also competed as far north as Chicago. Two of his brothers, Roy and Nicholas, were also accomplished local swimmers. Besides competing, Lloyd also coached swimming at the NOAC and the YMCA and served as a referee at Jr. AAU

list). In addition to recording 325 top ten times, she garnered mostly first and second places at all her national meets. The 200 back was her best event. She broke the 200 m backstroke national (LCM) record in the 70 -74 age group and held it for several months. Additionally, she held the international record in the 200 m backstroke (SCM) in the same age group for about a year. At an international meet in New Zealand she lost the 200 m backstroke by .02 of

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### Special Points of Interests:

- > Pat
- > Pictures from New Orleans Pool
- > Upcoming Events
- > Training Tips from

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## Pat Arnold- Con

a second! Presently she holds 76 SMS records, and she has been deceased 14 years!! Yvonne swam in every National Senior Games (Senior Olympics). Both she and Mike Offner were two of the first athletes inducted into the Louisiana Senior Olympic Hall of Fame in its inaugural year. Yvonne's name is also displayed in the International Swimming Hall of Fame in Ft. Lauderdale, FL. Yvonne died in May 1996, just days after her final farewell meet at UNO in late April 1996. Although very ill, she swam and completed all of her events. She received a standing ovation from the entire group of attendees.

My entry into SMS was nothing akin to my mother's meteoric rise. However, I always set goals for myself. Being very competitive by nature, I would strive to win a ribbon or medal at my early meets. Next, I became "time" conscious and strove to better my times, celebrating every new lifetime personal best; my last was in 1998. Then, I competed for 'high point' winner. This was extremely difficult being in the same age group as Barbara Bower. I would have to swim the 400 IM and/or 200 fly to accomplish that. National meets were my next goal. There were qualifying times to meet. "Top 10" caught my eye; I have made "top 10" every year beginning 1986 with the exception of 1991 (99 total). In 2009 my "top 10" was as a relay participant. National championships are memorable occasions. I have six - the two most recent were in Puerto Rico in August 2010 (1500 m free and 200 m IM). The most memorable was my first when both my mother and I won the 1500 m free in our age groups at the national LCM meet in the Woodlands in 1990. My

latest goal has been to break as many of my mother's records as I can. To date that number is 11.

Swimming is my passion. It is great exercise, an effective stress reliever, and serves to control weight. Memorable friendships have been made. Presently I swim four times a week, 2000 yards each day. Besides breaking more records as I age up, my next goal is to live long enough to celebrate 50 years in SMS! Needless to say, my parents have been an enormous inspiration to me. I was blessed to "play/swim" with my mother several times a week for the final 14 years of her life.

The family swimming tradition is alive and well. The third generation (Yvonne and Lloyd's grandchildren) is represented by Angele' Pilie' Thionville who swam for Pepperdine U. on scholarship and has been an age group swimming coach in New Orleans for several years. Angele' received the "Louisiana Swimming Age Group Coach of the Year" award in 2001. The fourth generation has members who are already showing great promise: Pierce and Aidan Thionville and Chance Frosch. Pierce, age 7, met the 10 and under long course state qualifying time in the 50 m backstroke and competed in the Louisiana State Championship Meet in July 2010.

## Southern Masters Swimming

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



## Lane Lines

We all look forward to seeing each one of you in New Orleans Dec 3-5th. We will all be swimming together as SMS. Our plans and goal is to have the largest team. (folks we are the host team). We are asking that each swimmer that normally competes, invite another swimmer to compete with us. If everyone does this...WOW, we could have a big team. I want to reach out to all tri-athletes...what a great time to work on your long distance swims...come on...lets do it.

I have not been able to swim much in the past few months as I changed jobs...I was considering not Swimming in this meet. Ok, I am stepping up to the plate. I will be there. You can be there also.

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

## Training Tips from Vicki:

Training Tips-Vicki Buccino-age 64  
 When I was swimming to the best of my ability, at age 43, I was able to do eight workouts per week and do two sessions of light weights per week. I did two swim workouts on Mondays and Wednesdays, one swim workout on Tuesday, Thursday, Friday, and Saturday, my weights on Tuesdays and Thursdays, and took Sunday off.  
 Once each swim day I would do 10X50 freestyle with 3 sec rest, holding my 1650 pace. My other routine would be to swim 10 x 100 freestyle with 10 sec rest, holding my 1650 pace or 1 second above it. Every so often I would throw in an over distance set of 2000 yards broken up into 50's, 100's, 150's, or at the longest 200's just trying to hold an even pace throughout the set. I neglected kicking (except with fins) and sprinting. As a result, I could not swim fast enough to be competitive in short events, but was quite successful in the 800 meter and 1500 meter freestyles.

## Ann's Corner:

A note to all teams.

Please submit an article from your team. Please submit articles to:  
[aw10is@cox.net](mailto: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](mailto:aw10is@cox.net)

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.

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

*CROS— Cross Gates Family Fitness Club*  
 200 N Military Road  
 Drive  
 Slidell, La 70461  
 Cece Dugas— 985-285-7946  
 985-626-3706  
[ceceswim@juno.com](mailto:ceceswim@juno.com)

*ES-Elmwood Sharks*  
 1200 S. Clearview Pkwy Suite 1200  
 Harahan, LA 70123  
 George Rucker— 504-994-9911-9592  
[grucker1@bellsouth.net](mailto:grucker1@bellsouth.net)

*PAC— Pelican Athletic*  
 1170 Meadowbrook  
 Mandeville, La 70471  
 Charlie Hoolihan—  
[Charlie@thepac.com](mailto:Charlie@thepac.com)

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

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

*CCSC— Crescent City Swim Club*  
 964 Athania  
 Metairie, La 70001  
 Mike Falati—504-838-9384  
[ccsnola@aol.com](mailto:ccsnola@aol.com)

*CRAQ—Crawfish Aquatics Masters*  
 7150 Bluebonnet Blvd.  
 Baton Rouge, La 70810  
 Nan Fontenot—225-769-4323  
[masters@crawfishaquatics.com](mailto:masters@crawfishaquatics.com)

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

*Franco's Fins Masters*  
 100 Bon Temps Roule  
 Mandeville, La 70471  
 Robby Fritcher— 985-705-5597  
[rfritscher@myfrancos.com](mailto:rfritscher@myfrancos.com)

*Frank's Master Gators*  
 PO Box 1519  
 Houma, La 70361  
 Frank Shepard—985-851-7665  
[fswim@hotmail.com](mailto:fswim@hotmail.com)

*RTM—Riptide Masters*  
 116 Frenchmen Dr.  
 Mandeville, La 70448  
 Judith P. Kloepfer— 985-951-9331  
[coachjudith@riptideswimclub.org](mailto:coachjudith@riptideswimclub.org)

*Shockwave Masters*  
 106 Andrew Circle  
 Tupelo, MS 38801  
 Barbara Aguirre—662-842-3258  
[Aguirre.barbara@gmail.com](mailto:Aguirre.barbara@gmail.com)

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

Southern Masters Swimming

swimmers We don't get old, we just

Highlights of the 2010 USMS National Convention in Dallas, Texas

By Doug Holmes, Delegate and SMS Secretary

Doug Kopp and I represented Southern Masters Swimming at the 2010 USMS National Convention in Dallas, Texas along with 38 other delegates from the seven states in the Dixie Zone, and 250 other delegates from eight geographical zones representing about 55,000 members in United States Masters Swimming. The US Aquatic Sports Convention has met every year since 1980, and is actually five conventions meeting at the same time including USA Swimming, USA Synchronized Swimming, USA Diving, USA Water Polo and US Masters Swimming. Each Aquatic Sport has four days of meetings from 8 AM to 9 PM four business, House of Delegates General Meetings, committee meetings, workshops, special presentations on general topics like sports medicine, International Hall of Fame Induction Ceremony, and Aquatics Awards Banquet.

Rowdy Gaines was MC and following a hilarious skit by master swimmers, awards were presented to Athletes of the Year in Water Polo, Diving, Synchronized Swimming, and USA Swimming. Masters Swimming Awards went to Coach of the Year, Club of the Year, Service Awards, and the Ransom J. Arthur Award. George Simon, the USMS Registration Committee Chairman from Dixie Zone received the Staff Appreciation Award. Adolf Kiefer, 1936 Olympic Gold in 100 back, was honored for his many contributions to swimming, as was the 1980 US Olympic Team who did not get to compete in the 1980 Moscow Olympic Games including Rowdy Gaines and diver Greg Louganis.

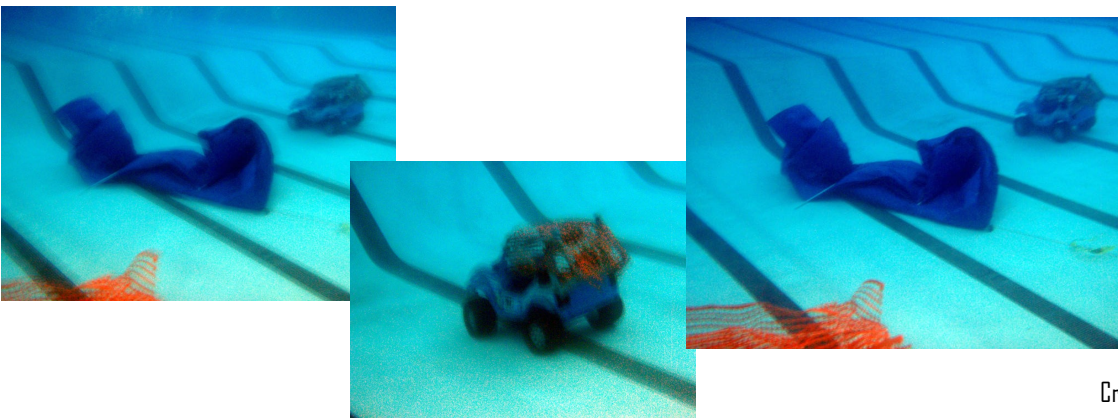
The following committees held meetings: Championship, Coaches, Endowment, Finance, Fitness and Education, History and Archives, Investment, Legislation, LSMC Development, Recognition and Awards, Records and Tabulation, Registration, Rules, Sports Medicine and Science, Convention, and Audit. There were no major rule or procedure changes in my opinion, but literally hundreds of resolutions were voted on by the House of Delegates. USMS Championships were awarded to Greensboro, NC for the 2012 SCY Nationals and Omaha, Neb. For the 2012 LCM Nationals as well as Open Water Championships in NC, NJ, IN, and OR. You can access each committee's minutes on [USMS.org/Convention](http://USMS.org/Convention).

Several new members were elected to the seventeen member Board of Directors. They handle USMS business along with the Executive Director Rob Butcher and his twelve person staff now located permanently in Sarasota, Florida. USMS policy is suggested for action by the House of Delegates by the eight living past presidents, eight Zone Chairpersons, and seventeen committee chairpersons and their committees. Dixie Zone swimmers hold many important offices in the USMS including Executive Director, immediate past President, Controller and HR Director, History and Archive Chairman, Registration Chairman, Director at Large, and Dixie Zone Chair. Maria Elias-Williams replaced Jerry Clark as Dixie Zone Director At-Large. Debbie Cavanaugh remains our very fine Dixie Zone Chairperson.

If you think Masters Swimmers are A type personalities who only enjoy getting up at 4:30 AM to swim laps before twelve hours of meetings, then you have never seen how much fun, humor, and patience they display in lengthy meetings, greeting old and new friends, making fun of themselves in skits, promoting their cities for Championship meets, electioneering for USMS positions, honoring champions in swimming, and relaxing in the hospitality room. Swimmers are a unique breed and I am honored to have represented such wonderful athletes like you at the past two conventions.



**Get your entries in for Dixie Zone Short Course Championship Dec 3-5 at UNO. Remember to register as SMS. We will swim together as a team and be able to have more relay teams.**



No, you are not seeing things. Long Course Championships at UNO held in August brought on a little excitement for Sunday's competition. Can you say obstacle course??? Thanks to Alexandra Baroek from Crawfish Aquatics for these underwater shots.