

February 2004

GRIN SWIM

The Newsletter of USMS LMSC Greater Indiana Masters Swimming

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Web Sites to Remember:

GRIN: www.grinswim.org
USMS: www.usms.org

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Chairman's Challenge



Happy New Year! 2004 promises to set a new benchmark for great events for master's swimmers and spectators. Some notable events include the **State Championship in Avon** (March 26-27), the **USMS National Championship at IUPUI** (April 22-25), and the 7th FINA World Championships (Oct 7-11) at Conesco Fieldhouse (Yes, Conesco Fieldhouse, in a specially constructed temporary 25 meter pool). The latter event is just six weeks after the Olympics and many champions will be there. It promises to be one spectacular event. For more information, go to www.fina.org/Indianapolis2004_venue.html

The growth of masters teams and clubs in Indiana has been incredible and I am anxious to see the camaraderie and competition that will result at Avon in March. No doubt some of this growth is due to enthusiasm associated with the Olympics, but much is due to the value added to masters swimming by *GRIN* and USMS.

One new perk of membership in *GRIN* is the "Snooper Cam" now available for use by masters teams and clubs in Indiana. This unique yet simple submersible "video camera on a pole" enables clear visualization of underwater stroke mechanics and is an invaluable tool for masters swim coaches and clubs. The officers and coaches of *GRIN* will be traveling with the snooper to clubs around the state to help promote and enhance their masters programs. Additionally, we will lend the camera for a few weeks for use in your own program. Look for updates in future issues of the *GRIN* Newsletter.

The 10th Annual **NASTI/GRIN Fitness Series** got off to a great start on December 7, 2003. In spite of cold weather and many swimmers being disadvantaged with flu or colds, the healthy and nearly healthy showed up and pounded out yardage to begin the process of training for the January One-Hour National Championship.

Twenty-five swimmers tallied over 52,000 yards – nearly 30 miles – to begin the annual series. Due to the rash of illnesses, many swimmers opted for the 30 minute swim, hoping to build their endurance in time for the 2nd in the series, a full hour swim on Jan 18, 2004, which has just been completed while this is on the presses. The 3rd installment is scheduled for Leap Day, Sun. Feb. 29th.

Remember, you have the entire month of January to complete your hour swim and submit it to us and/or to the **National Championship Postal**. So, get your January hour swim completed soon and in the mail! Compare your performance to the national rankings that will be mailed to you if you participate.

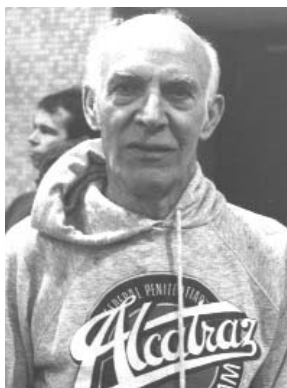
My challenges this issue: 1) Do the January Hour Swim and submit it to the National Event. 2) Train hard for the state meet in March and encourage your teammates to do the same. 3) Plan for the 3rd Fitness Swim, Leap Day, Feb 29th. 4) Plan a road trip to a nearby meet ... several are scheduled (e.g., Michiana, South Bend; IU, Bloomington; and another in Louisville). Check the calendars inside and at GRINswim.org and USMS.org. Have a great swim!

– Dick Sidner, *GRIN* Chairman

Nominations Sought for 2004 Irv Merritt Award

– Doug Church and Dick Sidner

The highest recognition annually awarded by Greater Indiana Masters Swimming (GRIN) is the Irv Merritt Memorial Award. Irv Merritt was a highly competitive athlete, well into his 80s. He was a regular participant at Masters swimming competitions and he also ran in distance events. He was a joy to visit with and always had an interest in the people with whom he competed. At the time of his death, his family established an annual award in his memory to be presented to an Indiana Masters swimmer who exemplified the standards and values embodied in the life of Irv Merritt.



Irv Merritt

Any registered Indiana Masters swimmer is eligible to be nominated for the 2004 Irv Merritt Memorial Award. Nominations should be sent to Dick Sidner, 305 Baywood Court, Noblesville, IN 46060, or submitted via e-mail to DickSidner@aol.com. Nominations should include a brief statement in support of the nominee, stating the reasons why he/she should be considered. Presentation of the award will take place at the GRIN State Championship Meet in Avon on March 27, 2004.

Previous Irv Merritt Memorial Recipients:

| | |
|------|-------------------------------------|
| 1986 | Beets Calabrese |
| 1987 | John & Joan Diercks |
| 1988 | Mary Ann Stevens |
| 1989 | Doug Church |
| 1990 | Dave Tanner |
| 1991 | Margie Heineman |
| 1992 | Chuck & Etha Sommer and David Woods |
| 1993 | Mel Goldstein |
| 1994 | Kate Brazil and John Maxwell |
| 1995 | Carol Hall and Buddy Collins |
| 1996 | Cindy Miller and Doug Strong |
| 1997 | Doc Counsilman and Sandy Etnyre |
| 1998 | Sharon Wise and George Quigley |
| 1999 | Dave Oplinger |
| 2000 | Susan Meyers |
| 2001 | Barbara Larsen |
| 2002 | Dick Sidner |
| 2003 | John Ford |
| 2004 | ??? |

Camaraderie Rules at New Albany Meet

– Cheryl Gettelfinger

At the beginning of December 2003, four swimmers – Richard Smith (GRIN), Doug Strong (DOC) and Joan Byrne and I (Cheryl Gettelfinger, ISF) – traveled the first weekend of December to a short course meters meet in **New Albany (N.A.), Indiana**.

This meet is used as a fund raiser for the local age group team, Riverside Aquatic Club. Consequently, the timers were ambivalent kids unsure of whether or not to burst out laughing at our comments and yet at the same time in awe of some of the times and accomplishments.

If you compared the meet and facility to the Fall Classic at the Natatorium, you would be comparing apples and oranges. The (N.A.) pool isn't as fast but the air is warmer (a plus for some of us.) Many of the distance events (including relays longer than 200) are not offered; however, the meet – including warm-up – is over in about four hours. And, of course, it's always nice to visit with other swimmers attending these meets.

All four swimmers earned all first places (except for one second place), so that wasn't a bad take home prize. Joan swam a great 400 free and Doug and Richard both swam the 200 fly. Yikes! And that's METERS. Just *finishing* that one is winning in my book!

This brings me to my favorite part of the report: The lunch afterwards. Swimmers from Kentucky, Indiana and Illinois met at Buckhead on the River, located near the Falls of the Ohio State Park. Because we had already made dinner plans (are you smiling?), we didn't want to scarf down too much. The dinner group met about five hours later. This group included Kentucky Registrar and Newsletter Editor Joanne Tingley (Lakeside), Kentucky Top Ten Bob Adams (Owensboro), Illinois Sanctions Nadine Day (Illinois Masters), Joan, me and my husband Doug. While the meal was enjoyable, we finished so late that me missed our trip to the PIE SHOPPE (the main reason we torture ourselves through these workout sets) and planned to stop there the next day after swimming.

Day Two began with the **Lakeside Mile** and we lost Doug Strong, who had to return to Bloomington. But we gained Susan Meyers, Babs Larsen and Marty Mennen (all ISF). Altogether, there were ten new state records set by Susan (2), Babs (3), Marty (4) and Joan (1.)

(continued on page 3)

GRIN Swimmers Set the Pace at the 2003 USMS National 5K and 10K Postal Championships

– Babs Larsen

The 2003 USMS National 5K and 10K Postal Championships sponsored by Indy SwimFit from May 15 to September 30 crowned several Greater INdiana LMSC swimmers as national champions!

Not only did the DOC-IU Masters successfully defend its USMS 5K Postal Championship in 2003, beating the Oregon Masters by 6 points, but DOC swimmer Greg Krisko, who aged up during the 3 ½ month event, won both the 25-29M (1:07.45.07) and the 30-34M (1:07.30.12) titles. Malaika Homo won her 19-24W age group (1:09.27.42). Krisko and Homo, joined by Rosemarie Barkus and Andy Pardieck, placed first in the 19-24 Mixed 4x5K Relay for the DOC-IU Masters with a winning time of 4:52.36.56.

Jim Barber of Indy SwimFit (ISF) won both the 5K (1:00.19.09) and 10 K (2:03.06.33) titles in the 40-44M age group, setting new national records in both events. Other 10K winners were ISF's Victoria Rian (35-39W – 2:35.35.50) and Christine Pedersen (40-44W – 2:53.11.21). Amy Krauss of Indy SwimFit (2nd in the 35-39W) was the only other swimmer to compete in the 10K. These three women combined to win the 35-44W 3x10K Relay.

Notable Greater INdiana 5K swims:

Glenna Asmus, ISF – 2nd in 19-24W
 Rosemarie Barkus, DOC – 3rd in 19-24W
 Raena Latina, NASTI – 4th in 30-34W
 Victoria Rian, ISF – 2nd in 35-39W
 Amy Krauss, ISF – 3rd in 35-39W
 Tina Myers, ISF – 8th in 40-44W
 Joan Byrne, ISF – 3rd in 45-49W
 Nan Stager, DOC – 4th in 45-49W
 Lisa Denlinger, DOC – 6th in 45-49W
 Sue Cosper, ISF – 12th in 50-54W
 Shirley Johnson, DOC – 13th in 50-54W

Sean Pendergast, DOC – 4th in 30-34M
 Andrew Pardieck, DOC – 7th in 35-39M
 John Drew, DOC – 8th in 35-39M
 Brian Fouts, DOC – 9th in 40-44M
 Jay Kincaid, DOC – 16th in 40-44M
 Robert Wright, DOC – 4th in 45-49M
 Mike Berstein, ISF – 14th in 45-49M
 Marc Saunders, DOC – 16th in 45-49M
 Dave Tanner, DOC – 5th in 50-54M
 Joel Stager, DOC – 9th in 50-54M
 Wayne Winston – 10th in 50-54M
 Richard Smith, GRIN – 4th in 55-59M
 William Culp, ISF – 6th in 55-59M
 Gerald Wunsch, DOC – 8th in 55-59M
 Alan Somers, DOC – 5th in 60-64M
 Jack Rollins, DOC – 11th in 60-64M



Susan Meyers, Babs Larsen, Marty Mennen, Joan Byrne and Cheryl Gettelfinger at the New Albany swim meet.

Again, not a bad haul for the day! Richard and I didn't swim as well as we had the previous year; however, every swimmer was first in their age group except for me (second behind Joan.) We still enjoyed the camaraderie and, of course, (drumroll ...) the food!



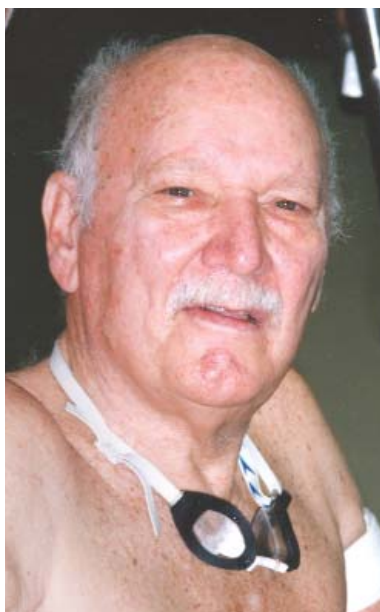
Cheryl Gettelfinger and Joan Byrne count laps while Babs Larsen participates in the Lakeside Mile.

Lakeside provided juices, coffee, bagels, bananas and other treats. We planned to stop at the PIE SHOPPE (are you noticing a pattern here?) but since it didn't open for over an hour, we headed home. Hopefully we'll fit in the desserts in 2004!

Swimming World Loses Great Pioneer, Scholar, Friend

James "Doc" Councilman: December 28, 1920 – January 4, 2004

– Joel Stager and Raena Latina



Doc Councilman

The singular goal at the center of Doc's life was to help swimmers swim faster by the application of scientific principles. It is difficult if not impossible to condense the inspiration of nearly 60 years of contributions into several paragraphs. What follows is only a brief outline of Doc's innovations in competitive swimming:

After growing up in St. Louis, James "Doc" Councilman attended Ohio State University and then joined the Army Air Forces. He flew 32 mis-

sions in World War II as a bomber pilot. After the war, he returned to Ohio State and won national titles – indoors and out – in the 200 yard breaststroke.

Doc graduated in 1947 and earned a master's degree at Illinois in 1948, writing his thesis on the breast stroke. His 1951 doctoral dissertation for Iowa focused on the crawl stroke.

Favorite Doc phrases (probably not original, but great to use when coaching):

"Don't confuse me with the facts, my mind is made up."

"If I wanted your opinion, I would have given it to you."

"Let me think about it and I'll tell you tomorrow." (When we asked him if we could get out of part of the workout.)

"I can't believe they pay me to do this job."

"Mark Spitz is so good my grandmother could coach him, and she died 10 years ago."

(When asked if he knew somebody): "Oh, yeah, I know him. We went to different schools together."

One of his favorite poems was "IF" by Rudyard Kipling: "If you can keep your head when all about you are losing theirs and blaming it on you ... Yours is the Earth and everything that's in it, And – which is more – You'll be a Man my son!"

Another one of Doc's favorites, taken from Emerson: "Nothing great was ever achieved without enthusiasm."

Thanks, Doc. We can't believe we were lucky enough to swim with you. – Dave Tanner (IU Masters, "DOC")

I remember the countless hours Doc spent helping our team (IAC) do stroke evaluations, etc. which at the time seemed like extremely "modern" techniques – i.e., underwater cameras, etc., and we all enjoyed having him around and valued his expertise. – Marti Miller (NASTI)

Doc recognized that one of the limiting factors to the application of force was muscular strength. Thus, in 1954 an article titled "Does weight training belong in the physical education program?" and derived from a symposium he organized, Doc illustrated his early interest in the importance of improving muscular strength of swimmers.

It appears that Doc was one of the first swim coaches to apply interval training to competitive swimming. He defined interval training as periods of intense exercise with regulated but insufficient periods of rest. The key to Doc was that the rest intervals be too short to allow complete recovery. Prior to this time, swim training frequently consisted of little more than swimming long distances without stopping. Coaches would vary the speed at which the swimmers trained but that's about all.

Beginning in 1957, Doc accepted the position as Indiana's 10th swim coach. During his tenure, his teams won six consecutive NCAA championships (1968-1973) and 23 Big Ten titles. Not only did IU obtain the services of perhaps the best coach in any sport in the world, but as an added benefit, Indiana obtained the talents and skills of an outstanding educator and an insightful learner.

In 1960, Doc detailed dry land exercises appropriate for swimmers. In 1961, he described isometric and isotonic exercises that would optimize the ability to produce force in the water.

Doc was the head coach of the US men's swimming teams that won 9 of 11 gold medals in the 1964 Tokyo Olympics and 12 of the 13 in the 1976 Montreal Olympics. The two gold medals that eluded Americans in 1964 were won by Australians coached by Doc at IU! Over the years, 48 of his IU swimmers represented 10 nations in the Olympics, winning 46 medals – 26 of them gold.

Despite nearly 60 prior publications, in 1968, with the completion of "The Science of Swimming," Doc began to teach and coach nearly every age group, every high school and college team in the world. From this time

forth Doc's coaching was no longer limited to his athletes at Indiana. Swimmers, coaches and students from China, Russia, Germany, Poland, Italy, Czechoslovakia, Hungary, Ireland, Sweden, Chile, Brazil, England, Argentina, Thailand, India, Israel, Greece, Spain, Nigeria, Japan, Mexico, Switzerland and Austria were welcomed to Bloomington to learn from Doc. Doc was never threatened by what others knew, and he never hesitated to share what he had learned.

Doc frequently said that his writing was the easy part, that the proposing of a theory was much easier than confirming or denying it. He admitted, "Sometimes I

The last time I saw Doc was at an IU Masters Swim Meet several years ago. Parkinsons Disease had him confined to a wheel chair and talking was difficult, but with the aid of his good friend (and Masters swimmer) Doug Strong, he entered the meet and swam the 50 and 100 breast stroke! – Doug Church (Officer, USMS)

propose things that I don't always agree with ... but I think it is a good way to stimulate the debate ... a great way to

eventually get the answers we need. Controversy! Perhaps that is my legacy."

If it is true, that as Albert Szent Gyorgi has said, "research is to see what everybody has seen, and to think what nobody else has thought." Then the common images we all see have been interpreted by Doc with clarity of thought few of us possess.

Beginning in 1976, Doc published a series of landmark articles titled "Power: what is it and how to use it" and "Fast exercises for fast muscles and faster athletes." In 1977, he authored "Speed: the third dimension in exercise?" and again in 1977 he published "Swimming Power."

Find lots of interesting facts about Doc at the Web site for the Councilman Center for the Science of Swimming – <http://www.indiana.edu/~hplab/ccss.html>

In 1979, at age 58, he swam across the English Channel. At the time, he was the oldest person to have done so.

In the early 1980s, Doc raised the level of sophistication another notch. He proposed that although speed and power were important, it was actually an increase in the two throughout the length of hand displacement that was critical. In 1981 he authored, "The importance of hand speed and acceleration in swimming the crawl stroke" and in 1983, "Hand speed and acceleration. A scientific approach to the sport of swimming."

In 1990, Doc retired from his position of coach at IU. As we all know, the natatorium at IU is named in his honor.

Doc died at a nursing home in Bloomington at age 83. His son Brian notes that Doc suffered from Parkinsons Disease. In addition to his son Brian, Doc is survived by his wife Marge, daughters Cathy and Jill, and five grandchildren.

In ending, modifying a phrase from a fellow Doc would have enjoyed meeting, Sir Isaac Newton, might be appropriate: "If we have seen farther, (swam faster, jumped higher, or tried harder), it is by standing on the shoulders of giants."

Doc was my teacher at IU.
Doc was fun to coach against.
Doc held my attention at clinics.
Doc made me proud to be a swim coach.
Doc was world class.
– Bill Roach (Avon H.S. Swim Coach)

The swimming world lost a giant in Doc's passing. We will miss our teacher and friend.

GRIN Supports USMS Endowment Fund with Tribute to Doc

The legacy of James "Doc" Councilman touches all of us who swim. Doc Councilman will be remembered as the single most influential person in modern swimming.

The GReater INdiana Masters have made a generous donation to the United States Masters Swimming Endowment Fund in his memory and urge all clubs, teams and individuals to do likewise. Such a contribution is appropriate since the foundation's charter is to promote research in the science of swimming, the primary legacy of Doc Councilman. For literally all of us in USMS whose lives are touched in unseen ways every day through the innovations and energy that Doc brought to our sport, this is a small way to pay back. We encourage everyone to consider the Endowment Fund as a means of expressing your appreciation and to memorialize this legendary Masters swimmer.

Two of the the first three grants from the Endowment Fund have gone to the Councilman Center for the Study of Swimming. Doc's commitment to swimming, fitness and, in particular, as one of the founding fathers of Masters swimming, can be perpetuated through your gifts in his memory.

Memorial gifts may be sent payable to The USMS Endowment Fund, to P.O. Box 10, Noblesville, IN 46061, Attn: Doug Church, Chair, Board of Governors, United States Masters Swimming Endowment Fund; or DChurch@cchalaw.com.

Where to Get Wet: *GRIN* USMS Clubs

(* = workout group)

Please Welcome *GRIN*'s Newest Workout Group, the Earlham Aquatic Masters!

Practices are: Mon-Fri: 6–8:30am; Mon-Sat: 11:30am–1:00pm; Sun-Fri: 5:00pm–6:30pm. Uncoached, lap swim times, 25 meter, six lanes, day pass \$6. For more information, contact: Dick Smith at (760) 983-1468 or Smithdi@earlham.edu.

AVON MASTERS (AVON)

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<Multiple Locations>
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& Kris Houchens – 317-475-1823; Krishouchens@hotmail.com



NASTIs “Chill” at 10th Annual Polar Bear Plunge – On January 1st, eight members of the NASTIs participated in their annual New Year’s Day jump-in-the-lake off the dock of Coach Doug Church’s waterside home in Noblesville, in conjunction with a team pitch-in luncheon. Those taking the plunge were: Greg Baker, Scott Beasley, Danielle Denniston, Raena Latina, Jeff Nagle, Diane Sidner, Dick Sidner and Tracie Smith. Dick, our illustrious *GRIN* Chairman, actually jumped in twice! Luckily, Doug’s hottub was at the ready. Although the water was 32*, the (fortunately!) warmer air temps (42*), sunny day and lack of wind for 2004 proved to be a much nicer dip than that which rang in 2003! These swimmers thanked their lucky stars for the current conditions, as Indianapolis’ weather turned to a -20* windchill a mere three days later!

INDIANA UNIVERSITY MASTERS SWIM MEET

Saturday, February 14, 2004

Sanctioned by *GRIN* for USMS – Sanction Number: 164 - S 03

SPONSORED BY: IU Masters Swim Club

LOCATION: The Counsilman/Billingsley Aquatic Center (812-855-7772) is located on Law Lane (between Jordan and Union and just north of 10th St.) in the Student Recreational Sports Center (SRSC). Parking is available adjacent to the building, and in a parking lot off 10th St. (at the traffic light east of Jordan). Signs indicate it is restricted parking, but you should not be ticketed. If you are, please give your ticket to the meet director and it will be handled.

FACILITY: The Counsilman Pool will be set up as an 8 lane, **25 yard** pool with non-turbulent lane lines. Colorado electronic timing will be provided. A minimum of two lanes at the north end of the pool will be available for warm-up and cool-down during the meet.

SCHEDULE: Warm-ups start at noon (EST). THE MEET STARTS AT 1:00 PM. Meet should finish at approximately 4:30 pm.

MEET CONDUCT: 2004 USMS rules will govern the conduct of the meet.

ELIGIBILITY: All entrants must be registered with United States Masters Swimming, Inc. Each swimmer is eligible to swim a maximum of five events, excluding relays. All swimmers must include a copy of their USMS registration card with this entry form.

AGE GROUPS: 18-24, 25-29, 30-34, etc.

ENTRY FEE: The entry fee is \$3.00 per individual event plus a \$6.00 surcharge. Swimmers may enter a maximum of five events. Relays will be deck entered AT NO CHARGE. Swimmers may deck enter between noon and 12:45 pm, but will be charged \$4.00 per event plus a \$7.00 surcharge. Please make checks payable to: IU Masters Swim Club.

DEADLINE: Entries must be received by Tuesday, February 11, 2004.

SEEDING: Heats will be swum from slowest to fastest. Swimmers entered with "No Time" will swim in the slowest heats. Men and women will swim separately, but may swim together at the discretion of the director.

AWARDS: Ribbons will be awarded to the first six places in each event in each age group.

RESULTS: Complete results will be posted on the state masters Web site: www.grinswim.org

MAIL ENTRIES TO: Nan Stager, Meet Director, 3720 Bluebird Lane, Bloomington, IN 47401; 812-333-6951; E-mail: nstager@indiana.edu

LOCAL HOTELS: Indiana Memorial Union (812-856-6381), Days Inn (336-0905), Hampton Inn (334-2100), Holiday Inn (334-3252) Comfort Inn (339-1919), Super 8 Motel (323-8000), Shoney's Inn (323-2222) Courtyard by Marriott (335-800).

****ENTRY FORM ON REVERSE****

26th ANNUAL MICHIANA MASTERS INVITATIONAL

March 20, 2004

RECOGNIZED by GRIN for USMS # 164 R 01

PLACE: Michiana YMCA, 1201 Northside Blvd., South Bend, IN. "North side of the St. Joe River"

WARM-UP: 12:30 pm; **MEET STARTS:** 1:30 pm

POOL: 25 yards, 6 lanes, non-turbulent lines

EVENTS:

| | | | |
|-----|------------------|-----|---------------------------|
| #1 | 200 Medley Relay | #11 | 75 Free (open exhibition) |
| #2 | 400 IM | #12 | 100 Breast |
| #3 | 100 Free | #13 | 100 Fly |
| #4 | 200 Breast | #14 | 200 IM |
| #5 | 100 Back | #15 | 200 Free |
| #6 | 50 Fly | #16 | 50 Back |
| #7 | 500 Free | #17 | 50 Free |
| #8 | 50 Breast | #18 | 200 Back |
| #9 | 100 IM | #19 | 200 Free Relay |
| #10 | 200 Fly | | |

There will be a 10-minute break after Event # 10.
At least one lane will be kept open for warm up/cool down.

Age groups: 20-24, 25-29, 30-34, 35-39, 40-44, etc.

Awards: Ribbons for 1st, 2nd & 3rd in each age/sex group. Remember, participation is its own reward!

Seeding: Slow to fast, regardless of age or sex.

Entry fee: \$20 (under age 60) / \$15 (age 60 and older) IF received by mail the Monday before the meet. \$25 for ALL deck entries. **Enter as many events as you wish.**

Forms: All swimmers must complete an entry form for each event and sign the RELEASE on the reverse side. Current USMS registration is required only for Top Ten consideration.

Relays: Must be deck entered.

Mail entries to: John Ford, P.O. Box 4577, South Bend, IN 46634

Make checks payable to: Michiana Masters

Meet contacts & directions: Jim Milliken – H: 574-287-0078 and John Ford – O: 574-233-1194; H: 574-258-0500; jford@jonesobenchain.com

REFRESHMENTS SERVED AFTER THE MEET – STICK AROUND!

****ENTRY FORM ON REVERSE****

RELEASE FROM LIABILITY: "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 MICHIANA MASTERS INVITATIONAL SWIM MEET 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: YMCA OF MICHIANA, INC., THE MICHIANA MASTERS SWIM CLUB AND ITS MEMBERS, ALL MEET SPONSORS AND WORKERS, ASSOCIATED RULE-MAKING ORGANIZATIONS, ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES, AND THE RESPECTIVE AGENTS AND EMPLOYEES OF EACH OF THE FOREGOING. I also agree to abide by and be governed by all applicable rules and decisions of meet officials."

Date: ___/___/___ Signature: _____ Printed Name: _____

Your current USMS No. _____ (only required for Top Ten consideration)
Please fill out top portion for each event and enter SEED TIME.
Unseeded entries will be put in slower heats. Please make copies of form as needed.

| | |
|--|--|
| <p>EVENT #: _____ EVENT NAME: _____</p> <p>NAME: _____ AGE: _____ M F</p> <p>SEED TIME: _____</p> <p>--- (meet use:) ---</p> <p>TIMES _____</p> <p>_____</p> <p>_____</p> <p>HEAT _____</p> <p>LANE _____</p> <p>PLACE _____</p> | <p>EVENT #: _____ EVENT NAME: _____</p> <p>NAME: _____ AGE: _____ M F</p> <p>SEED TIME: _____</p> <p>--- (meet use:) ---</p> <p>TIMES _____</p> <p>_____</p> <p>_____</p> <p>HEAT _____</p> <p>LANE _____</p> <p>PLACE _____</p> |
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IU Masters Honor Fellow Teammate

Stephanie Porter Janssen: December 26, 1961 – December 16, 2003

– Nan Stager, Dave Tanner



Stephanie Porter Janssen

Stephanie Porter Janssen died on December 16, 2003. She was only 42. She leaves behind her husband John Janssen and their sons Eddie (4) and Nathan (2) of Nashville, Indiana, plus hundreds of friends around the world. Her father Scott Porter resides in California but her mother Barbara also succumbed to cancer five years ago.

Stephanie was born in New York but grew up in California, where she swam with the Santa Clara Swim Club, the perennial national champion Mission Viejo Nadadores and the U.S. National Swim Team. She was world ranked in the 200 butterfly and the 400 IM as a high school swimmer and swam for Indiana University, winning the Big Ten team title in 1981. Stephanie set an IU women's record in the 200 fly (2:03.69) that same year which would not be broken until 1999. She still holds the Royer Pool record in the 200 fly. Stephanie earned a degree in sports science in 1984, then completed masters degrees in physical therapy from Texas Women's University and athletic training from IU. She worked as a physical therapist in the Rebound Sports Medicine Center of Bloomington Hospital, then joined the aquatics staff at IU as the athletic trainer for all swimming, diving and water polo teams. After college she continued to compete with

the IU Masters Swim Club, won several national championships, and holds a number of Indiana state records. Following her marriage to John in January 1999, Stephanie left IU to raise their family. To maintain contact with swimming, she helped coach the boy's swim team at Bloomington High School North until her health failed.

First diagnosed with cancer while pregnant, she one of the few, if not only, doctors who will treat pregnant women with breast cancer without terminating the pregnancy. Nathan was born healthy in March 2001. She also never lost her love for swimming. Despite 16 weeks of chemotherapy, a lumpectomy, losing her hair, and being eight months pregnant, she swam, and won, the 50 backstroke at a Masters Meet in Bloomington.

She loved coaching at Bloomington North, just as the team loved her. The high school has dedicated lane 4 of their pool in her honor and the team wears a happy frog logo on their T-shirts – Steph loved frogs and was always happy.

Gifts in Stephanie's memory to be directed to breast cancer research at the Indiana University Cancer Center should be made payable to: "IUCC Breast Cancer Research Fund, Account # 38 MCCC 043, in memory of Stephanie Porter Janssen," and mailed to Amber Kleopfer, IU Cancer Center Office of Gift Development, 1110 W. Michigan St. LO 506, Indianapolis, IN 46202-5100. For more information contact Amber at: aklepfe@iupui.edu or 1 800 643 6975

Donations to the Stephanie Porter Janssen Memorial Swimming Scholarship should be made payable to the "Indiana University Athletic Department, In memory of Stephanie Porter Janssen," and sent to Carol Thoren, IU Varsity Club, Indiana University, Assembly Hall, Bloomington, IN 47405.

USMS Executive Committee Mid-Year Update

The city of Ft. Lauderdale, Florida, hosted the midyear meeting of the USMS Executive Committee January 8th through the 11th. USMS Treasurer Doug Church reports that, in spite of the beautiful location, meetings were held in a windowless room for 12 hours a day! "Our meetings were packed and productive," says Doug. The meetings dealt with all facets of USMS and focused on grass roots support. "The Executive Committee is committed to helping Masters swimmers at the local level. A great deal of our time and effort this year will be aimed at finding ways to reinforce club and team programs," says Doug.

The midyear meeting was held in conjunction with the 2nd annual induction ceremony into the International

Swimming Hall of Fame of Masters Swimmers. A colorful and impressive ceremony marked the induction of this year's impressive class. Honored swimmers included: Jane Asher, Great Britain; Aldo da Rosa, USA; Paul Hutinger, USA; Yoshiko Osaki, Japan; Frank Piemme, USA and Laura Val, USA. The accomplishments of these swimmers are incredible, to say the least.

For example, Laura Val has established world records in every age group since beginning her Masters career in the 35-39 year old age group. More impressive than that is the fact that, as she has aged up, her world records have gotten faster! This proves that there is hope for us all!



Jim Lewis, *GRIN* LMSC Registrar
300 Hitzfield
Huntington, IN 46750

The deadline for the next *GRIN SWIM* newsletter is March 15, 2004!

Make sure your team is "in the news!"
Send submissions to raenalex@hotmail.com

Mark Your Calendars It's Time to Train: Don't Miss These 2004 UPCOMING EVENTS!

* = Entry form in this newsletter!

Jan./Feb. – **Tamalpais Aquatic Masters' (TAM) Ninth Annual Postal 1650: "The Pool Mile"** Since January and February swims are permitted, swimmers who participate in the NASTI/*GRIN* Fitness Series & Postal Swim may enter their 1650 yard splits in TAM's Postal 1650. <http://www.pacificmasters.org>

Sun. Jan 15 – **Vortex Swimming Meet (SCY)** (Lake Erie LMSC), Orange High School, Pepper Pike, Ohio, <http://www.vortexswimming.com/>

Sat. Jan. 31 – **14th WKGG/Barbara Stevens Memorial Swim Meet (SCY)**, Hosted by the Western Kentucky Green Gators Masters at Bowling Green Senior High School, <http://www.kylmsc.org>

Feb – **2004 February Fitness Challenge (FFC)** hosted by the Tualatin Hills Barracudas (Oregon Masters) <http://www.barracudas.org/> for info & entry form.

Sat. Feb. 14 – **Indiana University Masters Swim Meet***

Sun. Feb. 15 – **O*H*I*O Masters Swim Club Meet (SCY)**, Lakewood High School (Cleveland Area), , <http://www.ohiomasters.com/>

Sun. Feb. 29 – **Part 3 of 3: 10th NASTI/*GRIN* Fitness Series & Postal Swim**, www.grinswim.org for info.

Sat. Mar. 20 – **Michiana Masters 26th Annual Invitational***

Fri. & Sat. Mar. 26 & 27 – ***GRIN* State Championship (SCY)***, Hosted by the Avon Community Swim Team at Avon High School (Greater Indianapolis Area)

Apr. 15-18 – **YMCA Nationals (SCY)**, Ft. Lauderdale, FL; www.ymcaswimminganddiving.org for info.

Apr. 22-25 – **USMS National Championships (SCY)** At the IU Natatorium, Indianapolis; www.grinswim.org for info.

Go Get Wet!

