

March 2008

GRIN SWIM

The Newsletter of USMS LMSC Greater Indiana Masters Swimming

Check us out on the Web: GRIN: www.grinswim.org and USMS: www.usms.org

GRIN OFFICERS 2007-2008

Chairman: Mel Goldstein
5735 Carrollton Ave., Indpls, IN 46220
317-253-8289
goldsteinmel@sbcglobal.net

Vice Chairman: Kris Houchens
3721 Circle Blvd., Indpls, IN 46220
317-475-1823
Krisouchens@hotmail.com

Treasurer: Randy Crutchfield
7627 Madden Dr., Fishers, IN 46038
r.crutchfield@insightbb.com

Registrar: Maegen Himes
14706 White Tail Run, N-ville, IN 46060-7883
317-413-3845
m.himes@earthlink.net

Top Ten: Cheryl Gettelfinger
505 Lexington Blvd., Carmel, IN 46032
cgettelfinger@earthlink.net

Fitness: Dick Sidner
1510 Persimmon Pl., N-ville, IN 46060
rsidner@yahoo.com

Sanctions: Nan Stager
Coaches: Joel Stager
3720 Bluebird Ln., Bloomington, IN 47401
nstager@indiana.edu
stagerj@indiana.edu

Newsletter: Raena Alexis Latina-Lawson
8001 Dowitch Ln. #E, Indpls., IN 46260
317-876-3253
raenalex@hotmail.com

Web Master: Dave Oplinger
PO Box 393, Lapel, IN 46051
dwo1128@embarqmail.com

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CHAIRMAN'S CHAT



I hope everyone enjoyed the Holiday Season and is looking forward to the rest of this year. The New Year always brings excitement to Masters Swimming, with many New Year's resolutions, and new goals to achieve. We're already well underway to a productive swimming year! By the time you receive this newsletter, the

USMS One Hour Postal, hosted by **YMCA Indy SwimFit** and the 4th Annual **Ball State Invitational** will have been completed. In February, we had the **IU Masters Meet**.

There are a lot of upcoming events as well. March brings the **Michiana Meet** and our **Greater Indiana Masters Swimming Championships** with a new format. In April, we'll see the annual **Kendalville Meet**, and the indoor season will come to an end with **USMS Nationals** in Austin, Texas, and the **YMCA Masters Nationals** in Ft. Lauderdale, Florida, in May. And of course, all year long we have the USMS "**Check off Challenge**," hosted this year by our own NASTIs. I hope all of you will support these great Masters swim meets and Challenges. And speaking of challenges, there's an upcoming **25K swim** in July – see page 12 for info.

While our LMSC is consistently ahead of the USMS National average on retention of members and our LMSC continues to grow, it is still very important that we promote Masters Swimming as a program that provides a healthy lifestyle for all adults. Our LMSC has **quarterly conference calls** and I still would like to see greater participation. This is your LMSC and your input is important, if your team or you are not represented they or you should be. We cover a variety of topics that is of interest to all of us – please refer to the copy of minutes of the last two meetings included in this newsletter.

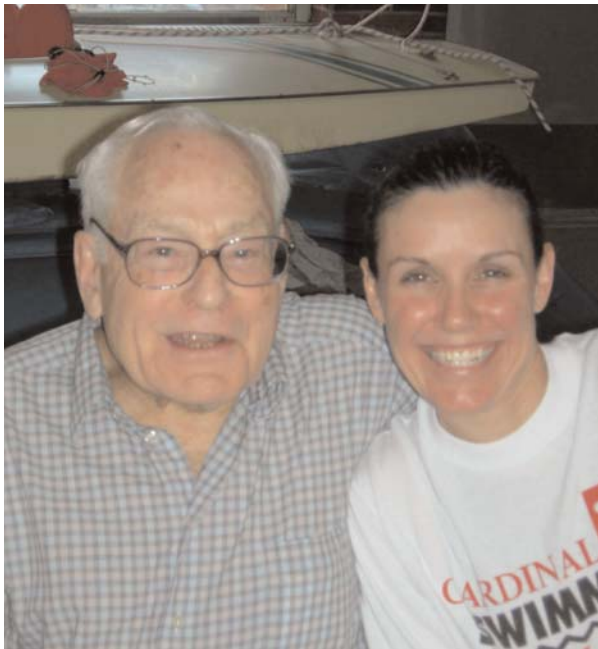
The next Greater Indiana Masters LMSC Conference Call Meeting will be **Wednesday, April 16, 2008, at 8:00 pm**. If you would like the agenda and the call in number, please e-mail or call me. Thank you, and enjoy your swims!

– Mel Goldstein, GRIN Chairman



THE BIRTHDAY TRADITION CONTINUES!

In December, the Masters fitness swimmers from the **Cole Center Family YMCA** celebrated 60-year old birthdays for Greg Clarke and Patrick Dwyer. The group has a tradition to swim a 50s (two lengths of the pool) on birthdays; a 60th birthday means 60 x 50s! Patrick has been swimming with the Kendallville team since 1997, and Greg since the beginning of the group in 1985. They both are also competitive in Masters swim meets. Teammate Cindy Miller notes, “We swim our 50s intervals on 1:00. We also had some visitors from Ft. Wayne join us.” They are, shown left to right: Rich Cater and his two young sons (Ft. Wayne), Larry Wolf (Cole Center YMCA), Greg Clarke (Cole Center YMCA), Patrick Dwyer (Cole Center YMCA), Phil Suetzer (Ft. Wayne), and Cindy Miller (Cole Center YMCA). “The 50s were grueling for me,” Cindy says, “but Patrick, Greg, Phil, and Rich were really fast and had lots of time to rest!” She also notes that more people showed up for the birthday party at her house after the swim.



MARVIN IS “STRONG (WO)MAN”

Linda Marvin (shown at right) of Cardinal Swimming Indiana (CSI) is the winner of the second annual **GRIN Strong Swimmer Award**, named for the inaugural recipient, **Doug Strong** (shown at left) of DOC/IU Masters. Throughout 2007, Linda swam the most distance in GRIN competitions, including 200 flys and 400 IMs. In addition, she supported seven meets! GRIN Treasurer Randy Crutchfield presented Linda with a beautiful plaque at the Janaury meet held at Ball State.



HIGHLIGHTS FROM THE JAN. 16, 2008 GRIN CONFERENCE CALL:

Chairman Mel Goldstein, called the meeting to order at 8:00pm.

Treasurer's Report: Our numbers are running slightly behind this time last year, but we still have registrations coming in. The Treasurer's Report and Minutes from the October meeting were approved.

Registrar's Report: USMS registration is now available on line. GRIN registrations are slightly behind from a year ago. We have sent a renewal notice to all swimmers who have not registered. For those who submit paper entries, please do not staple the check to the application.

State Meet Entry: The final draft of the GRIN State Meet Entry was submitted to the committee for approval and will be in the next (this) GRIN Newsletter. The meet will be March 29-30, 2008, at Fishers High School, Fishers, Indiana.

GRIN Newsletter and other

USMS Events: The NASTIs had already received as many entries for the "Check Off Challenge" than previous hosts of the meet, but would love to have even more participants! This is an event that all swimmers can enjoy and we'd appreciate support from every club in Indiana. Mel reported on the USMS One Hour Swim and hoped everyone would support this event as well.

Club Organization: We discussed some of the organizational concerns of club Irish Aquatics and asked those in attendance how their individual clubs were organized. The discussion brought forth many different successful models to help further develop a Masters program.

Irv Merritt Award: Cheryl Gettelfinger brought forth a nomination for this year's Irv Merritt Award. The nominee was approved unanimously and the award will be presented at the GRIN State Championships.

The next Greater Indiana Masters LMSC Conference Call Meeting will be **Wednesday, April 16, 2008, at 8:00 pm.**

With no further business, a motion to adjourn was passed and the meeting was adjourned at 8:46pm.

SENIOR GAMES UPDATE

In our October issue's recap about the June 2007 **Senior Games Competition**, we inadvertently forgot to mention **Mary J. Brown**. Mary competed in the 50 back, with a time of 1:26. She notes, "Since I am 89 years old, I thought the time wasn't bad. It was 20 seconds slower than 13 years earlier. My effort won a first, since no one else my age showed up. There was a story about it in the Indianapolis Star, North edition. [It is] nice to show my grandkids that there is fun and good health for aged swimmers to keep exercising and swimming." Great job, Mary!



ONE OF OUR NEWEST TEAMS CELEBRATES THE HOLIDAYS

Northwest Aquatic Club Masters (NACM) started in September with four swimmers verbally committed to the group. By word of mouth and recruiting through NACS swim parents, the group quickly tripled in size. NACM practices four times a week at Carroll High School's Natatorium in Northwest Allen County. NACS's Head Coach is Mike Snyder and the NACM group is coached by Jessica Ford (see contact info on "Where to Get Wet" listing.) Here are the teammates shown at their Christmas party.

30TH ANNUAL MICHIANA MASTERS INVITATIONAL SWIM MEET

March 15, 2008

Hosted by the YMCA of Michiana & the Michiana Masters Swim Team
Recognized by GRIN for USMS, Inc.; Recognition Number: 168 R 10

- Location:** YMCA of Michiana – 1201 Northside Blvd., South Bend, Indiana 46615
<http://www.michianaymca.org>; ph: 574.287.9622
- Facility:** 6 lane 25 yard swimming pool (1 lane available for warm-up & cool down)
Deck seating available for competitors and spectators
- Meet Conduct:** Current USMS rules will govern the conduct of the meet
- Eligibility:** The meet is open to anyone 18 or older
- Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, ... 95+
- Awards:** Ribbons shall be given for all 1st, 2nd and 3rd place finishes
- Entry Fees:** \$20.00 fee for all mail entries received by March 7, 2008
\$25.00 fee for all deck entries
Entry fee covers unlimited events and two relays

Make all checks payable to YMCA Masters Swim Club and send to:
YMCA of Michiana – Attn: Amy Milliman
1201 Northside Blvd., South Bend, Indiana 46615

For further assistance contact John Bals (email: jcbals@juno.com phone: 269.353.4005)

- Event Seeding:** All events shall be seeded according to the pre-entered seed time of each swimmer, regardless of age or gender. In the event of multiple heats, slower heats shall be first. All no-time (NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the meet.

Order of Deck Entry: 11:30 am – 12:30 pm
Meet Warm-Ups: 12:00 – 1:00 pm
Heat Sheets Posted: 12:45 pm
Meet Starts: 1:00 pm

Events:

- | | |
|--------------------------|-------------------------|
| 1. 200 Medley Relay | 10. 200 Breaststroke |
| 2. 400 Individual Medley | 11. 100 Freestyle |
| 3. 50 Breaststroke | 12. 50 Backstroke |
| 4. 100 Butterfly | 13. 200 Butterfly |
| 5. 200 Backstroke | 14. 100 Backstroke |
| 6. 200 Individual Medley | 15. 50 Butterfly |
| 7. 50 Freestyle | 16. 200 Freestyle |
| 8. 500 Freestyle | 17. 100 Breaststroke |
| 9. 100 Individual Medley | 18. 200 Freestyle Relay |

There will be a 10 minute break after event 9

- Warm-Ups:** Entry into the pool must be feet-first in a cautious manner. Diving shall be permitted only in designated sprint lanes during the meet warm-up. During the meet, no diving shall be allowed in the designated warm-up/cool-down lane. Instructions by the meet official must be obeyed at all times.
- Volunteers:** Volunteers for timing, marshalling, ribbons, etc. are always appreciated.
Volunteers should check-in with the deck-entry table prior to the start of the meet.

30TH ANNUAL MICHIANA MASTERS INVITATIONAL SWIM MEET

March 15, 2008

Hosted by the YMCA of Michiana & the Michiana Masters Swim Team

Recognized by GRIN for USMS, Inc.; Recognition Number: 168 R 10

ENTRY FORM

NAME: _____ GENDER: M or F AGE: _____ BIRTHDATE: ____ / ____ / ____
Name as it appears on Registration Card – Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____

USMS # required only for USMS Top Ten or record consideration. Please include a copy of your current USMS registration card

Mail entry forms and **\$20.00 entry fee by March 7, 2008** to:

YMCA of Michiana – Attn: Amy Milliman

1201 Northside Blvd., South Bend, Indiana 46615

\$25.00 entry fee for all deck entries on the day of the meet

Make all **checks payable to YMCA Masters Swim Club**

For further assistance, contact John Bals (email: jcbals@juno.com phone: 269.353.4005)

**Circle the events you wish to swim and provide seed time (write "NT" for no seed time)
Swimmers may compete in as many events as they wish. All relays will be deck entered.**

Events:

- | | |
|---|---|
| 1. 200 Medley Relay ___(deck enter)___ | 10. 200 Breaststroke _____ |
| 2. 400 Individual Medley _____ | 11. 100 Freestyle _____ |
| 3. 50 Breaststroke _____ | 12. 50 Backstroke _____ |
| 4. 100 Butterfly _____ | 13. 200 Butterfly _____ |
| 5. 200 Backstroke _____ | 14. 100 Backstroke _____ |
| 6. 200 Individual Medley _____ | 15. 50 Butterfly _____ |
| 7. 50 Freestyle _____ | 16. 200 Freestyle _____ |
| 8. 500 Freestyle _____ | 17. 100 Breaststroke _____ |
| 9. 100 Individual Medley _____ | 18. 200 Freestyle Relay ___(deck enter)___ |

(There will be a 10 minute break after event 9)

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 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 _____

GREATER INDIANA (GRIN) MASTERS 2008 SHORT COURSE STATE CHAMPIONSHIPS

**Saturday and Sunday, March 29–30, 2008; Sanction# 169S09
Hosted by the Fisher's Fighting Tigers Swim Team**

- LOCATION:** Fisher's High School, 13100 Promise Road, Fishers, Indiana (located approximately five miles north of Indianapolis). Directions, hotel and dining information are at end of the next page.
- FACILITY:** The Fisher's High School Aquatic Complex is an indoor 50-meter pool. The pool configuration for the GRIN State meet will be 2- Ten (10) lane x 25-yard courses. The long distance events (1650-1000-500 Freestyle) will be conducted in both pools, with one pool used as warm up throughout the meet. Seating for 250 swimmers and 1,000 spectators; Dakronics Electronic Timing System with 10-lane Dakronics State of-the-art Display Board; Hy-tek Meet Manager Software will be used for the meet.
- MEET CONDUCT:** Current 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 per day (total of 10 for both days), excluding relays. To compete, all swimmers must include a copy of their 2008 USMS registration card with this entry form.
- AGE GROUPS:** 18-24, 25-29, 30-34, 35-39, 40-44, etc.
- ENTRY FEES:** **\$12 Swimmer Surcharge. \$1.50 per Individual Event (Maximum of 5 per day.)**
- DECK ENTRIES:** **\$15 Surcharge. \$3 per event. RELAYS: \$4. Make checks payable to Greater Indiana Masters (GRIN).**
- DEADLINE:** **Pre-registration entries must be received by Wednesday, March 26, 2008.**
Mail entries to: Mel Goldstein, GRIN Chairman, 5735 Carrollton Ave., Indianapolis, Indiana 46220.
Email: goldsteinmel@sbcglobal.net
- SEEDING:** All heats will be seeded slowest to fastest. **"No Time" Entries will be seeded in the slow heat. ALL entries for the 500, 1000 & 1650 will be swum in both pools and MUST have entry times.** "No Time" entries will not be accepted for the long distance events. Scratches for the long distance events will be accepted up until 7:45am on the day of the event. Failure to scratch may jeopardize the swimmer from swimming in other events. The long distance events and 400 relays will be swum as mixed gender events, but scored by gender and age group..
- AWARDS:** Medals 1st-3rd; Ribbons 4th - 6th; Relay Ribbons 1st-3rd; Team Awards 1st-3rd.
- RESULTS:** Will be posted free on GRIN website www.GRINswim.org and available for downloading.
- ORDER OF EVENTS:** Women's events are ODD numbers; Men's events are EVEN numbers.

SATURDAY, March 29, 2008: Warmups – 7:00 AM; Meet Begins – 8:00 AM

<u>Women</u>	<u>Events</u>	<u>Men</u>
1	1650 Free	2 (Mixed)
3	400 Medley Relay	4
5	200 Freestyle	6
7	200 Individual Medley	8
9	50 Butterfly	10
11	100 Backstroke	12
13	50 Breaststroke	14
15	100 Butterfly	16
17	200 Backstroke	18
19	200 Mixed Free Relay	20
21	400 Individual Medley	22 (Mixed)

SUNDAY, March 30, 2008: Warmups – 7:00 AM; Meet Begins – 8:00 AM

23	1000 Freestyle	24 (Mixed)
25	200 Freestyle Relay	26
27	100 Breaststroke	28
29	50 Free	30
31	200 Butterfly	32
33	50 Backstroke	34
35	200 Breaststroke	36
37	100 Freestyle	38
39	100 Individual Medley	40
41	400 Free Relay	42 (Mixed)
43	500 Freestyle	44 (Mixed)

GRIN SWIM – MARCH 2008

GREATER INDIANA (GRIN) MASTERS 2008 SHORT COURSE STATE CHAMPIONSHIPS

**Saturday and Sunday, March 29–30, 2008; Sanction# 169S09
Hosted by the Fisher's Fighting Tigers Swim Team**

ENTRY FORM

NAME: _____ GENDER: M or F AGE: _____ BIRTHDATE: ____ / ____ / ____
Name as it appears on Registration Card – Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____

<u>EVENT NO.</u>	<u>EVENT NAME</u>	<u>SEED TIME</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

Fees:
 Number of Events: ____ x \$1.50 = \$ ____
 Swimmer Surcharge: \$12.00 = \$ 12.00

TOTAL = \$ ____

Make checks payable to: Greater Indiana Masters

Mail to:
 Mel Goldstein, GRIN Chairman
 5735 Carrollton Ave, Indianapolis, IN 46220.

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 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 _____

RELAYS: A team coach or representative should fill out this part of the entry and return with payment. There will be NO REFUNDS for relays. Please enclose payment with your entry form! List the number of relay teams by Age Group (not swimmers names) and by "A, B or C" if there are multiple relays per age group. Age groups are 18+, 25+, 35+, 45+, etc., (10 year increments as high as necessary). The age of the youngest relay team member shall determine the age group.

<u>Event #</u>	<u>Age Group</u>	<u>Seed Time</u>
<i>Eg: Evnt 5: Wom. 200 Med Relay</i>	<i>Age 45+ "A" and "B"</i>	<i>4:35 and 5:05</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Continue on additional sheet if necessary

Directions to Fishers High School:

From the North: Go South on highway #37 to 131 street, turn left. Fishers High School will be approximately 1 mile on your right. Go to the second entrance and turn right, the entrance to the Fishers High School Natatorium is the first entrance. Park in the parking lot across the street.

From the South: Go North on highway #37 to 131 street, turn right. Fishers High School will be approximately 1 mile on your right. Go to the second entrance and turn right, the entrance to the Fishers High School Natatorium is the first entrance. Park in the parking lot across the street.

Hotels: Go to this website for hotels in Hamilton County: www.hamiltoncountytowns.com. We suggest checking out the hotels in the Fishers area first: Hilton Garden, Holiday Inn Express on 96th Street, Staybridge and Springhill Suites on I-69, and Hampton Inn on 116th Street.

COLE CENTER FAMILY YMCA 22ND ANNUAL MASTERS
SPRING FEVER INVITATIONAL
SATURDAY, APRIL 12, 2008

THIS MEET WILL BE HELD IN COMPLIANCE WITH THE TECHNICAL RULES OF USMS
RECOGNIZED # 168 R 11

- LOCATION:** Cole Center Family YMCA
700 S. Garden St., Kendallville, In. 46755 (260-347-9622)
For meet information call Meet Director, Cindy Miller at 260-302-6875
- FACILITY:** 6 Lane-25 Yard Pool, Daktronics Timing System with six lane, place,& time display, Starting Blocks, & Anti-Wave Lane Ropes. (Lane 6 may be left open during the meet for warm-up and cool-down).
- TIME:** Warm-up at noon. Meet starts at 1:00 p.m.
- ELIGIBILITY:** Anyone!, regardless of USMS or YMCA membership.
Must be 18 years of age and in good physical condition.
- ENTRY FEE:** \$20.00 PER PERSON (Entry form & fee Must be postmarked by April 7, 2008).
Deck entry fee is \$25 per person. Deck entries will be accepted from noon - 12:30pm.
Enter as many events as you like.

Mail entries and entry fee to:
Cindy Miller (make checks payable to Cindy Miller)
1104 Woodcrest Lane, Kendallville, IN 46755
cindyswimymca@yahoo.com

- AWARDS:** Ribbons will be awarded to the 1st through 3rd places for gender and age group.
- INDIVIDUAL EVENTS:** Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc.
- RELAYS:** 18+ 25+ 35+ 45+ 55+ 65+ 75+
According to youngest swimmer on relay team. All names and ages must be on event entry cards for relays. Relays may be deck entered throughout the meet.
- SEEDING:** Swimmers may be seeded on basis of submitted times regardless of age and gender.
Entrants submitting "no time" will be placed in the slowest heat.
Heats will be swum from slowest to fastest.

**FREE DINNER WILL BE SERVED AFTER THE SWIM MEET
THIS MEET WILL BE SHOWN ON VIDEO DURING THE DINNER**

ORDER OF EVENTS

- | | | |
|---------------------------------------|----------------------|-------------------------|
| 1. 200 MEDLEY RELAY | 8. 200 IM | 15. 100 BACKSTROKE |
| 2. 400 INDIVIDUAL MEDLEY | 9. 100 BUTTERFLY | 16. 50 FREESTYLE |
| 3. 100 FREESTYLE | 10. 200 FREESTYLE | 17. 50 BREASTSTROKE |
| 4. 200 BACKSTROKE | 11. 50 BACKSTROKE | 18. 200 FREESTYLE RELAY |
| 5. 200 BREASTSTROKE | 12. 100 BREASTSTROKE | 19. SURPRISE RELAY! |
| 6. 50 BUTTERFLY | 13. 200 BUTTERFLY | |
| 7. 500 FREESTYLE
(10-MINUTE BREAK) | 14. 100 IM | OTHER BREAKS AS NEEDED |

**COLE CENTER FAMILY YMCA 22ND ANNUAL MASTERS
 SPRING FEVER INVITATIONAL
 SATURDAY, APRIL 12, 2008**

ENTRY FORM

NAME: _____ GENDER: M or F AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card – Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____

CLUB: _____ CLUB ABBR: _____ USMS REGISTRATION NUMBER: _____ - _____

Y MEMBER? ____ YES ____ NO Please include a copy of your Registration Card with your entry.

<u>EVENT NO.</u>	<u>EVENT NAME</u>	<u>SEED TIME</u>
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

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 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 _____

WHERE TO GET WET: GRIN/USMS REGISTERED CLUBS

Find other places to swim by visiting the USMS club Web site, <http://www.usms.org/links/usmsclubs.php>

AVON MASTERS (AVON)

<Avon>
Linda Fernandez –
317-839-6835; LFernandez44@hotmail.com
Bill Roach – WFRoach@avon-schools.org

CARDINAL SWIMMING INDIANA (CSI) (BALL STATE MASTERS SWIMMING/MUNCIE YMCA)

<Muncie>
Steve Jones – 765-285-5930; sjones@bsu.edu
Ashley Hebert –
765-741-5541; ahebert@muncieymca.org

DOC/INDIANA UNIVERSITY MASTER SWIMMING (DOC)

<Bloomington>
Nan Stager – 812-333-6951; Nstager@indiana.edu

DUNELAND MASTERS (DLMA)

<Chesterton>
Lisa Whitaker –
219-926-7841; lizzy278@verizon.net

FORT WAYNE AQUATIC MASTERS (FWAM)

<Fort Wayne>
Matt Vogel – 260-484-5838;
mattvogel@fwaquatics.org

FRANKLIN MASTERS (FM)

<Franklin>
Pam Gibson – 317-346-1198; pgibson@franklin-in.gov

GREATER INDIANA (GRIN)

<for State of Indiana; no specific workout location>
Richard Smith –
765-966-2523; smithdi@earlham.edu

INDIANA SOUTHEAST MASTERS (ISEM)

<SLawrenceburg>
Jenna Kirchgessner –
812-637-1369; Jennaka826@gmail.com

IRISH AQUATIC MASTERS PARAOLYMPICS (IAMP)

<South Bend> www.eteamz.com/irishmasters
Annie Sawicki –
574-876-9467; Anne.E.Sawicki.5@nd.edu

KOSCIUSKO COMMUNITY YMCA (KCYM)

<Warsaw>
Patrick Park – 574-269-9622; ppark@kcymca.org

NOBLESVILLE ADULT SWIM TEAM, INC. (NASTI)

<Noblesville>
Randy Crutchfield – 317-841-3425;
r.crutchfield@insightbb.com

NORTHWEST AQUATIC CLUB MASTERS (NACM)

<Ft. Wayne>
Mike Snyder –
260-637-0340; mike.snyder@swimnacs.com

SUGARCREEK MASTERS INDIANA (SCMI)

<Crawfordsville>
Brent Harlos –
765-361-0903; bjharlos@sbcglobal.net

UNION TOWNSHIP MASTERS (UTM)

<Valparaiso>
Casey Hnatiuk –
312-388-0062; cjhnatiuk@hotmail.com

VALPO MASTERS (VALM)

<Valparaiso>
Bryan Morrison – 219-464-5014;
bryan.morrison@valpo.edu

YMCA INDY SWIMFIT (ISF)

<Multiple Locations: Indianapolis Metro Area>
Mel Goldstein –
317-253-8289; goldsteinmel@sbcglobal.net
Kris Houchens –
317-475-1823; Krishouchens@hotmail.com



OTHER PLACES TO GET WET: NON-REGISTERED CLUBS/WORKOUT GROUPS (as of 2/14/2007)

COLE CENTER FAMILY YMCA MASTERS (COLE)

<Kendallville>
Cindy Miller – 260-385-4859; cindyswimymca@yahoo.com

CROWN POINT SWIM CLUB (HUB)

<Crown Point>
Corby Sanders –
219-769-7083; cjbsanders@yahoo.com

EARLHAM AQUATIC MASTERS (EAM)

<Richmond>
Dick Smith – 760-983-1468; Smithdi@earlham.edu

GREATER EVANSVILLE MASTERS (GEM)

<Evansville>
Bill Duncan – 270-691-8977; willidunc3@aol.com
David Estes – 812-568-3852; destesswim@insightbb.com

HEALTHPLEX (PLEX)

<Westside Indianapolis>
Kelly DeFrance –
317-920-7416; kdefrance@healthplex-indy.org

MAPLE CITY MASTERS

<Goshen>
Peggy Shoup – 574-875-5766

MICHIANA MASTERS

<South Bend>
John Bals – 574-273-5846; jcbals@juno.com
Amy Milliman –
574-287-9622; amilliman@michianaymca.org

PURDUE TRI FIT

<Lafayette>
Naomi Schrock – nschrock@purdue.edu

M Maegen Himes, GRIN LMSC Registrar
A 14706 White Tail Run
R Noblesville, IN 46060-7883
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The deadline for the next GRIN SWIM newsletter is April 30, 2008!
Make sure you and your team are "in the news!"
Please send text & (hi-res) photo submissions to raenalex@hotmail.com

Don't Miss These Upcoming Competitive & Fitness Events!

Check www.grinswim.org and www.usms.org for more details

2008 USMS CHECK-OFF CHALLENGE

Hosted by Noblesville Adult Swim Team, Inc.
entry enclosed

March 2: CARDINAL INVITATIONAL (SCY)

University of Louisville, Louisville, KY
info: www.tyrgrandprix.com

March 15:

The Michiana Masters Invitational, South Bend, IN
Hosted by the YMCA of Michiana & the Michiana Masters Swim Team
entry enclosed

March 29 & 30: GRIN STATE CHAMPIONSHIPS (SCY)

Hosted by the Fisher's Fighting Tigers Swim Team, Fishers, IN
entry enclosed

April 12: 22nd ANNUAL MASTERS SPRING FEVER INVITATIONAL (SCY)

Hosted by the Cole Center Family YMCA, Kendallville, IN
entry enclosed

June 12-15: INDIANA SENIOR GAMES (ages 50+)

Hosted by the Hamilton County Convention and Visitors Bureau
info: 317-848-3181; www.HamiltonCountyTowns.com

Start training now!

July 19: TYR INAUGURAL USMS 25K OPEN WATER NATIONAL CHAMPIONSHIP & 5x5K RELAY

Hosted by the NASTIs and Forest Park Aquatic Center, Morse Reservoir, Noblesville, IN
entry @ www.grinswim.org; info: dsidner@gmail.com

Go Get Wet!