



May through August, 2004

Editor: Jamy Pfister, Assisted by: Jim Sheehan

ARTICLES OF INTEREST:

Calendar of Events

Virginia Official shares her experience at a Disability Meet.

Life Time Members listed from Officials List.

Recent Poll of National Officials and National Championship Officials listed for the Eastern Zone.

Eastern Zone Officials chosen for the National Meets

International Meet represented by USA Official

CALENDAR OF EVENTS:

USA Swimming Disability Championships, 4/22-24, 2004, Minneapolis, Minnesota

USMS/SCN 4/22-25, 2004, Indianapolis, Indiana

Zone Meeting, May 7th, 2004. Details later.

Regional Distance Camp, May 28-30, 2004, Penn State University, State college, PA, Head Coach, Ed Bartsch

Regional Select Camp, June 4-6 University of Tennessee, Knoxville, Tennessee, Head Coach, John Trembley

FINA Masters, June 3-13th, 2004

Olympic Trials, Long Beach California, July 7th through July 14th, 2004

Metropolitan 5 K and Age Group Open Water championships, July 10th, 2004, North Shore, Long Island

Masters' National 10 K will be July 10th, 2004 – fall-back of July 11th, 2004, North Shore, Long Island

Summer Long course Sectional will be July 22nd – July 28th, 2004 Erie Community College, Buffalo, NY.

Conoco Phillips National Swimming Championships, August 3-7th, 2004, Palo Alto, California

Open water Nat'l August 3-7th, 2004

USMASTER SWIM/LongCourseNationals August 12-15th, 2004 Savannah, Georgia

Olympic Games, August 14-21st, 2004, Athens, Greece

Open water, Buffalo, New York, August 15th, 2004

MIDDLE ATLANTIC WINS THE ZONE MEET IN VIRGINIA:

The 2004 Eastern Zone Short Course Championships were held April 1-3 at the Freedom Aquatic and Fitness Center of George Mason University, located in Manassas, Virginia. A total of 684 athletes represented the Adirondack, Allegheny Mountain, Connecticut, Maine, Metropolitan, Middle Atlantic, New Jersey, Niagara, Potomac Valley, and Virginia LSCs.

On the basis of first place finishes by both their women's and men's teams, Middle Atlantic Swimming came away as the overall meet champion. Potomac Valley placed second in the overall standings, with a second place finish by their women's team and a third place finish by their men's team. Virginia placed third in the overall standings with a third place finish by their women's team and a second place finish by the men's team.

Ten individual and two relay Eastern Zone records were set during the meet. P.J. Koppel (14) of Middle Atlantic swam a 2:06.15 in the Men's 13-14 200 Y Breaststroke to break the previous record of 2:06.22 set in 1995, the oldest mark to fall at the meet. Christopher Brady (15) of Middle Atlantic broke the record for the Men's 15-18 100 Y Butterfly in prelims with a 50.68, and then bettered his mark in finals with a 50.21. The Women's 15-18 200 Y Backstroke record also fell in both prelims and finals. Kellyanne Tomasula (15) of Metropolitan bettered the old mark with a 2:08.17 in prelims, a time which was subsequently eclipsed in finals by Becca Stern of Adirondack with a time of 2:06.57. The youngest record setter of the meet was Tanner Kurz (10) of Middle Atlantic who shattered the Men's 10& U 500 Y Freestyle record of 5:42.22 with a 5:36.85.

Other individual record setters at the meet included Hayley Edwards (12) of M A with a 2:12.18 in the Women's 11-12 200 Y fly. Additional records set were from Nina Rossi (15) of N J with a 2:20.34 in the Women's 15-18 200 Y Breast,, Tristan Hastings (14) of MR with a 52.82 in the Men's 13-14 100 Y Back, Bobby Brown (17) of AD with a 4:36.47 in the Men's 15-18 500 Y Freestyle, Jesse Cunningham (12) of PV with a 2:17.45 in the Men's 11-12 200 Y Breast, and Emily Kelly (17) of PV with a 2:05.08 in the Women's 15-18 200 Y fly.

The Potomac Valley women set the new Easter Zone standard for the 13-14 400 Y Medley Relay with a 3:56.88, while the Middle Atlantic women set the standard for the 11-12 200 Y Medley Relay with a 1:49.62.

For the first time at the Eastern Zone Championships, each LSC could bring up to four swimmers with disabilities to the meet. Anna Johannes (Potomac Valley) and Kate Gibbs (Virginia) represented their respective LSCs. These swimmers brought an added dimension to the meet and likely proved to be a valuable experience not only for Anna and Kate, but also for their fellow teammates and competitors. And now its on to Buffalo for the Long Course Championships.

LIFE TIME MEMBERS ON THE OFFICIALS LIST:

How many of you were aware of what the lifetime membership is about. The life members on the Eastern Zone Officials list are Carol Zaleski and Jamy Pfister from Allegheny Mountain Swimming, Francis Klier from Niagara Swimm and AS Tepper from Potomac Valley Swimming. The idea of the life membership started in the 1980's. Life Time membership receive the following:

LIFE MEMBERSHIP:

- Special life membership card given only to life members.
- Life membership plaque presented at the annual USA Swimming convention. If a person cannot attend then the plaque is mailed to the member following the convention.

YEARLY BENEFITS:

- USA Swimming Rules and Regulations
- Insurance coverage-excess accident medical and liability coverage when participating in USA Swimming supervised, sponsored, sanctioned or approved events.
- Splash Magazine
- Two tickets to all USA Swimming National championship events.

Life members pay a one-time fee of \$750 and the Local LSC fee and never have to pay a membership fee again (even if the price increases at the national or LSC level). Many of the Local Swim Clubs honor their outstanding members with a gift of a life membership. This is a wonderful way to support United States Swimming

METRO HOSTS 5K & 10 K IN JULY:

Metro will host the 5K and 10K In July 2004. The Metropolitan 5K and Age Group Open Water championships will be on Saturday, July 10, 2004. Masters' National 10K in 2004 will be on July 10, fallback of July 11th, 2004, in combination with the annual Metro Open water Championships. The swims will be held on Huntington Bay on the North Shore of Long Island. The entry deadline is July 3rd, at 3:00 PM. Masters interested in the 10K National championships can download entry info from the USMS web site www.USMS.org. USA Swimming members will find 5K and Age group entry materials on the Metro site after March 2nd, 2004 at www.Metroswimming.org. Masters 5K entry material should be available by March 17th, 2004 at www.Metroswim.org. For more information, contact Bea Hartigan, bea10k@yahoo.com or (631) 271-3349.

VIRGINIA OFFICIAL SHARES HER EXPERIENCE AT NATIONAL MEET:

Pat Donohue, VA LSC, tells us and I quote, "Going to the US National Swimming Disabilities Meet has truly been a life-changing experience for me. I first learned about the meet through a fellow official who has a daughter who suffers from a disability. I first attended the meet three summers ago in Phoenix, AZ. It was in Phoenix that I was first introduced to all the unique procedures required at a disability meet. These procedures included the classifications of athletes and the specific rules and regulations for each different classification. Since my friend's child was actually a participant at the meet, I was fortunate enough to actually get a behind the scenes look of how the classification process occurs. The entire process included having the disabled swimmer lift different amounts of weight and having measurements taken of all their appendages. As interesting as all this was, my real amazement came when the actual competition was underway. I saw people swim who suffered from a variety of disabilities including blindness, deafness, mental disability, paralysis, cerebral palsy, spina bifida and even some who lacked major appendages.

When I arrived at the pool in Phoenix, the first observation I made was that the prostheses of the competitors were lying all around the pool deck, even leaning up against the palm trees that border the competition area. More importantly however, watching these people compete was what I found to be truly inspiring. Each one of the competitors had obviously overcome great amounts of diversity to even be physically active, much less competing.

I am so thankful that I have had the ability to witness and take part in an activity as inspiring as the U S National Swimming Disability Championship. Lastly, I must note that being on deck as an official has given me the opportunity to interact closely with all the athletes at this meet. Even though I have been touch in so many ways through attending this meet, it was meeting the participants themselves that has had the greatest effect on me. It really makes you appreciate all the blessings each one of us has been given in life. The swimmers have also taught me that if you set your mind to it, you will be able to overcome whatever difficulties may lie in your future.

My experience in Phoenix was so unique and eye-opening that I have since worked two more of the same meets in Seattle, WA and Minneapolis, MN. I am so grateful for all that I have been able to learn from this great meet, and I know that it will have the same effects on anyone who will take the time to participate simply because it is incredible.

Volunteering to help at this meet for a few short days will have a profound effect for a lifetime. As the saying goes it is in giving that we receive and I wholeheartedly promote participation as a volunteer at this event to help great athletes achieve their dreams, while profiting spiritually from the experience. Do not let this opportunity pass you by!

ABOUT THE AUTHOR:

Pat has been an official of United States Swimming for years. Like most officials, she became involved because she had children who were swimming competitively and needed to be involved in the whole process. She has reached the highest level of certification of Referee in her LSC and is also a National Referee. Her curiosity continued and she wanted to learn more about other aspects of running a swim meet and became a Certified Colorado Timing system Operator and about a year later learned the Recorder Position and the Hy-tek Program Meet Manager. Her entry onto the National Championship Level in started in 1993 when her daughter made her debut at a Junior Nationals in Orlando, Florida. She has had the opportunity to work at Speedo Sectionals, Junior Nationals, US Open, World cup and National Disability Champs and USA Masters Meets. She Has National Championship Certification as a Stroke and Turn Official, National Certification as a Referee and Chief Judge and Virginia Swimming Certification as a Referee. She has been College (NCAA) Certified for about six years. She is not involved in High School swimming simply because there is none in Henrico County or Richmond City. Pat is the Regional Chair of Officials for Region II (Capital Region) in Virginia Swimming, which includes teaching Clinics for the various disciplines and overseeing the Apprenticeship Training and issuing initial Certification and Annual Re-Certification. Pat loves the camaraderie involved in volunteering as a Swimming Official

ARTICLES FOR THE NEWSLETTER:

Do you have a special person in your LSC that you would like to tell us about or is there someone in your LSC who has an interesting swimming story to tell us as did Pat? Please have your person write to me and I will publish the article in the newsletter as I did for Virginia Swimming. Who do you have in your LSC that is special or has a story to tell us?

SURVEY OF NATIONAL AND NATIONAL CHAMPIONSHIP OFFICIALS PER LSC:

Local Swimming Committee		MAINE		NEW JERSEY
Nat'l Certification		4		53
Nat'l Champ Cert		0		5
ADIRONDACK		MARYLAND		NIAGARA
23		51		57
3		10		12
ALLEGHENY MOUNTAIN	30	METROPOLITAN	27	POTOMAC VALLEY
	3		5	67
CONNECTICUT	35	MIDDLE ATLANTIC		19
	13	57		VIRGINIA
		13		78
		NEW ENGLAND	45	13
			12	

The United States Swimming Office provided this information. I did not include those officials that were listed with expired registration membership. I did notify any official that had signed up for a Sectional Meet that showed an expiration date of 2003 or before.

The following Eastern Zone officials worked the 2004 World Cup:

Frank Ching, NE, Admin. Referee
Carol Zaleski, AM, Deck Referee
Ann Leaver, NJ, Asst. Chief Judge
Pam Libertiny, CT, Asst. Chief Judge

The rest of the officials were all stroke and turn.

Bill Awbrey, NJ
Ken Block, CT*
James Cahn, MD
Ralph Clifford, MA

Rod Dobry, MD
Ed Doernberger, CT*
Fred Dooe, NE
Michael downs, MD

Ed Dunn, CT*
Carol Feeney, CT*
Holger Fietkau, MR
Lester Goldblatt, NJ

Jeff Gray, CT*
"Boots" Hall, PV
Bea Hartigan, MR
John Hirschmann, PV
Dave Huerta MR
Mike Huffman CT
Luis Illescas MR
David Katz, MA
James Leigh, MA

Linda Sue Lottes, MD
Steve Lottes, MD
Paul Maker, NE
Paul Memont, NE
Bob Menck, NE*
Maureen O'Brien MR
Dave Oulighan, CT*
Bill Repass, CT
Don Riedlinger, PV

Krzysztof, Sawicz, MR
Charles PD Seltman, VA
Jim Sheehan, NJ
A S. Tepper, PV
Kara Tierney MR
John Thompson, VA
Ron Whelan, PV
Frank Zarnitz MR

*The officials with an asterisk are National Officials getting their National championship Certification for the first time. If you look at the chart above you will realize that Connecticut will add seven new officials to their National championship list for their LSC roster.

The following were the Eastern Zone officials at the 2004 Spring National Assigned Team held in Orlando, Florida:

Jim Sheehan NJ, Admin. Referee
Frank Ching, NE, Deck Referee
Dottie Daniels, NE, Starter
Linda Sue Lottes MD, Asst. Chief Judge

The rest of the officials were all S/T officials:

Al Betts, PV
Jamie Cahn, MD
Ralph Clifford, MA
Rob Dobry MD,
Michael downs, VA
Lester Goldblatt, NJ

David Katz, MA
Fred Killian, MA
Francis Klier, NI
Bob Kozyra, NJ
John Lee, MD
Paul Maker, NE

Don Riedlinger, PV
Kurt Thiel, PV
John Thompson, VA
Gray, Whetstone

Congratulations to these officials for being selected for the National Meets. The officials selected for the Olympic Trials will be listed in the next issue of our Newsletter.

OFFICIAL REPRESENTS USA OFFICIALS AT INTERNATIONAL MEET:

This past January an official from Ohio was selected to travel to Australia to represent the United States Officials at an international meet. This past January of 2003, I had a chance to go to Sydney Australia with the Junior Festival Swimmers and officiate on the Olympic Pool deck as a referee, stroke judge and turn judge. I shared my experience at the convention during the officials meeting with all who were present. This year Pat Baker from Cleveland Ohio, Lake Erie LSC went to Queensland Australia to represent the United States Officials. I asked Pat to write to us about her experience as an official on an international deck. The following is her letter to me that I want to share with you.

"Little did I know what laid ahead of me when I was asked if I would accompany the US Junior Team to Australia this January. I was asked to observe and learn how another country officiates and make new friends. I did not realize how different USAS and FINA rules could be enforced. I worked the Queensland Championship in Brisbane, Australia for over 1,600 athletes from there and around the world. The US brought 39 swimmers who made us all proud to be with them.

The officials were friendly and open to their way of doing things and full of questions to "the American". Each session we paraded out to deck after a 10minute briefing from the meet referee. After introducing the meet personnel the announcer told the officials to be seated. We had one stroke & turn official per lane on both ends, one stroke and turn person walking the side and two chief judges at diagonal opposite corners of the pool. The meet referee blew a series of whistles (not as we do, especially for backstroke), did not extend his hand and the race was off with the Omega system. If there was a DQ no hand or eye contact is made-you walked over to the chief judge who in turn left his position to walk around the pool to the meet referee to inform him and then walk back to the stroke and turn who did the DQ. At that point I wrote the name, lane, heat and then the FINA exact rule down to the numeric reference from the book. This is a challenge as they had the "cheat sheet" cards to refer to and I didn't! My first DQ took four times to rewrite. Then they announce over the PA system that "Lane 4 is a DA at the turn end" and read what I wrote. That was scary. On all 200 M and above distance events all turn people stood and never sat down after the turns at both ends. The days I walked strokes I was walking from 10 – 13 hours respectively. For the 400 and 1500 the stroke person at each lane at the start end each blew their whistle for the swimmer from the flags in and out for our bell lap.

It was interesting that hospitality for coaches served coffee, tea water and biscuits. For officials we had gourmet meals with beer and wine at the end of the day. As a US official we sign a document to say we will not smoke or drink while with any travel with the team, which I appreciate.

The real challenge was working in my jeans and slip on shoes as my luggage was lost in transit for 3 days; a coach missed his for 4 days in addition to two athletes who never saw their luggage. This was in 90 – 120 degree heat and humidity. (This is their summer months, note from editor)

This experience is a memory I will treasure forever – from being at this meet and working the open water meet on a Coast Guard Cutter, in the Pacific Ocean. The warm and wonderful friendships will never leave. I was lucky and privileged to be able to represent the USA.

Pat is a National Championship Official for many years. She has been head starter for many Junior Meets when we had the National Junior Championship Meets.

QUIZ FOR PEOPLE WHO KNOW EVERYTHING

1. There's one "sport" in which neither the spectators nor the participants know the score or the leader until the contest ends. What is it?
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. Name the only sport in which the ball is always in possession of the team on defense, and the offensive team can score without touching the ball?
5. What fruit has its seeds on the outside?
6. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
7. Only three words in Standard English begin with the letters "dw". They are all common. Name two of them.
8. There are fourteen punctuation marks in English grammar. Can you name half of them?
9. Where are the lakes that are referred to in the "Los Angeles Lakers?"
10. There are seven ways a baseball player can legally reach first base with getting a hit. Taking a base on balls-a walk- is one way. Name the other six.
11. It's the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form but fresh. What is it?
12. Name six or more things that you can wear on your feet that begin with the letter "S".

The first person to e-mail me with the correct answer will win and the winner will be announced at the Convention during the Eastern Zone meeting and published in the September Newsletter issue.

Eastern Zone Clubs received Honors in Club Excellence Program:

On the USA website there is so much information about clubs in the Eastern Zone. In addition to getting websites for each LSC, you can get newsletters, club website addresses and meet information and results. In addition to this you also can read the acknowledgement clubs receive from USA Swimming. The clubs in the Eastern Zone that I saw on the list are as follows.

Gold Medal Clubs are: Dynamo Swim Club, Curl Burke Swim Club, North Baltimore Aqua Club, Germantown Academy Aqua club, Badger Swim Club and a previous winner is the Berkeley Aquatic Club. The Silver Medal Honorees are: Long Island Aquatic Club, seacoast Swimming Assoc., Coast guard Blue Dolphins and the JCC Sailfish of W. PA. Congratulations to all of these clubs for such a great honor.

RESULTS FROM REGION II SECTIONAL MEET SHOWS MANY NATIONAL MEET QUALIFIERS:

There were 116 teams in attendance at the south Sectional Meet in College Park, Maryland. There were 679 swimmers consisting of 297 women and 281 men. There were 2097 entries with an additional 178 relays for a total of 2274 entries. Time Trials were held every day. The total of National qualifiers is: Olympic Trials 21 swimmers qualified. National Championship Qualifiers were 50 and there were 69 qualifiers for the U S Open. This is a remarkable considering the NCAA Division I Meet was going within a week as was the Junior Meet in Florida which many of the Eastern Zone swimmers were in attendance. Congratulations to all the swimmers who made their cuts.