



MASTERSPLASH!

COLORADO MASTERS SWIMMING ASSOCIATION'S



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You Are What You Drink

Liquid Calories Can Really Pile on the Pounds

By Norra MacReady
WebMD Medical News

When it comes to gaining weight, perhaps “you are what you eat” doesn’t matter as much as “you are what you drink.” A new study in the *International Journal of Obesity* suggests that slurping soda piles on more pounds than scarfing down the same number of calories in solid food.

According to the study’s authors, D.P. DiMaggio, PhD, and Richard D. Mattes, PhD, of the department of foods and nutrition at Purdue University in West Lafayette, Ind., people who drink their excess calories do not compensate for it as well as people who consume the extra calories in solid form. To test this theory, they studied 15 healthy, normal-weight volunteers: seven men and eight women, whose average age was 23. In the first part of the study, each subject consumed 450 extra calories per day of either jelly beans or soda for four weeks. They then went through a four-week rest period, followed by another four weeks in which they switched, from soda to jelly beans or from jelly beans to soda. The soda and jelly beans were provided by the investigators, who instructed the subjects to eat or drink all of each portion every day, but at any time they wished. To make sure the subjects consumed all of the calories, DiMaggio and Mattes also collected weekly saliva samples, saying they would be analyzed for compounds in the soda or jelly beans to check for compliance (the “analysis” was never actually performed).

When eating the jelly beans, all 15 of the subjects decreased their intake of other calories to compensate, so that total daily calorie consumption was close to what it would have been normally. But the subjects made no changes in their regular calorie consumption when they drank the soda; in other words, they drank 450 calories’ worth of soda each day in addition to what they would normally eat. Not surprisingly, this led to a significant weight gain when subjects consumed the liquid calories. They gained only a small, statistically insignificant amount of weight when eating the jelly beans. “Soda is not necessarily the culprit — it’s [calories] derived from beverages,” Mattes tells WebMD. Only recently has it been recognized that Americans have markedly increased their liquid calorie consumption, he and DiMaggio write. Since 1978, U.S. soda consumption has risen by 40%, paralleling the dramatic rise of obesity in this country. Diet sodas represent only about a quarter of that intake. Over the same time period, juice consumption has increased by 22%, and the increase in sports drinks, such as Gatorade and Powerade, averaged more than 10% per year throughout the 1990s. Even the consumption of “designer” coffees and prepared teas has risen dramatically over the last 10 years. “Studies have been done looking at calorie compensation with milk and coffee, and it’s poor for all of them,” says Mattes, who is professor of foods and nutrition at Purdue.

Clear liquids such as soda, apple juice, and sugary tea do not seem to elicit the signals the body normally puts out to tell us when we’re full, Mattes says. That means someone who drinks a can of non-diet soda or a bottle of iced tea won’t compensate for those extra calories by eating less food, and, eventually, he or she will gain weight. The increase in beverage consumption is “an index of how our diet is changing,” he adds. “If we’re going to drink large amounts of [high-calorie] beverages, we have to adjust our diet [by eating less]. However, substituting water, diet soda, or unsweetened coffee or tea might be the best approach.” In the final analysis, he says, “calories do still count.”

Master swimmers are a splashing success

By Karen Walker

Swimmers aged 20 to 79 gathered on Sunday, March 4, to compete at Delta’s first master’s swim meet. The meet was sponsored by Bill Heddles Recreation Center and the Delta Barracudas youth swim team. “We are so excited,” said Melody Willey, Bill Heddles aquatics director and competitor at Sunday’s meet. “This is such a neat thing for the community. For the first time since I’ve been at Bill Heddles [since 1994] all three lap-swim hours at the pool have been full of adults training for this meet. It is so exciting!” In preparation for the master’s meet, a group of Delta County swimmers hooked up with one of the area’s “swimming gurus,” Ruth Wild, for weekly coaching sessions. Wild, 62, coached the Delta High School swim team for 13 years, having started the program when her son Warren, now 37, was a junior at Delta High. “Ruth is everybody’s mentor!” exclaimed Jeanie Hellman, former Bill Heddles aquatics director and one of Sunday’s swimmers. The Wilds (son Warren, husband Fred and Ruth) all swam at Sunday’s meet. A master swimmer must be at least 19 years old.

The Colorado Master’s Swimming Association (COMSA) recognized the meet; many of the participants will use times from Delta’s master’s meet to qualify for upcoming competitions. But there were no qualification times for the Delta meet. Nor was there any stigma about ability level. “I didn’t even know how to swim until I was 40 something,” admitted 59-year-old Jeanne Dewsnup of Delta. “I went to the Virgin Islands with my family and I decided that I had to learn how to swim. I was missing out on all the fun!” Dewsnup continued. This is her fifth year swimming competitively. When asked if she was nervous, she replied for herself and friend, Sharon Riegel, 55, of Crawford, “We’re both about to have a heart attack here!” Of the over 50 entrants, at least five were over 70. William Kohl, 78, from Grand Junction, took first place in the 50-yard

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butterfly. "I started swimming competitively around 12 years ago," he said between swimming the 50-yard freestyle, 50-yard butterfly, 50-yard breast stroke, and 100-yard freestyle events. "I've been swimming in the Senior Olympics in Greeley ever since then," he added. Kohl, like most of the swimmers, began swimming to keep in shape. "But I really like the competition," Kohl admitted with a smile as he picked up his goggles for his next event.

Athletes from Delta, Gunnison, Montrose and Mesa Counties were competing at the Heddles meet, as well as some from the Front Range. Steve McDanal with COMSA in Denver was swimming, among other things, the 200 individual medley (an event where the swimmer must swim 50 yards each of the butterfly, backstroke, breaststroke and freestyle without drowning!) McDanal survived taking first in his age category. Behind the scenes was the Delta Barracuda swim team, providing necessities of a meet such as computer set-ups in the offices for accurate heat sheets (who swims what, when and in which lane) and time posting, to referees, timers, and starters. The parents, as well as the Barracudas themselves, helped organize and run the master's meet as a fund raiser for the team. Explained Linda Hollingshead, Barracudas' head coach, "We will use the money we make to help subsidize the swimmers suit purchases this year. This meet is a good way to get the adult public involved in support of these kids. And it really shows the kids that adults can still swim! That it really is a life-long sport."

It was obvious by the grinning and high-fiving that the adults of all ages, ability and fitness levels were having fun competing in Sunday's master's swim meet. The Barracuda swimmers and their parents seemed to enjoy being on the hosting end of a swim meet in what they anticipate to be an annual fundraiser for the team.

SANCTIONS

By Erika Landis

Sanctioning is an important part of all Masters swimming events. There are certain United States Masters Swimming (USMS) requirements that must be met in order to ensure the safety and enjoyment of the swimmers, for liability insurance coverage to be in force and for official consideration performances.

The Sanctions Chairperson acts as a communication hub for all USMS recognized and sanctioned events in their area. They also make sure that events are planned with enough advance notice to avoid scheduling conflicts. They are the initial point of contact for anyone wishing to hold a Masters event, and are responsible for sending the preliminary paperwork. Once the required paperwork is sent back along with the fees, the meet is considered either sanctioned or recognized. The Sanctions Chairperson then works with the COMSA webmaster to make sure that the upcoming meets are listed on the web site and with the Officials Coordinator to ensure that there is plenty of time to hire officials for the meets. After an event is over, they follow up with the Top Ten Recorder to make sure that meet results are submitted in a timely manner.

The difference between a sanctioned meet and a recognized meet are as follows:

Sanctioned: Swimmers must be USMS registered. There is USMS liability coverage. Times of USMS registered swimmers are eligible for Top Ten and Records consideration.

Recognized: It is not required for swimmers to be USMS registered. USMS liability coverage does not apply. Times of USMS registered swimmers are eligible for Top Ten and Records consideration.

LETTER FROM THE PRESIDENT

by Dennis West

Happy New Years all.

Now is the traditional time for all those new years resolutions. Made yours yet? How 'bout one that includes a trip to Hawaii and fitness goals all in one? The USMS National Championships will be held in Hawaii this year. The venue is the beautiful Duke Kahanamoku aquatic complex at the University of Hawaii on the island of O'ahu. There is plenty of time to get ready since the meet will be held May 14-17. You can find entry information and more details in the latest issue of *Swim*. There are great hotel rates with, in my opinion, the best hotel group in Hawaii, The Outrigger Hotels. Go to outrigger.com to see the numerous locations available in Wakiki and pick one. There isn't a bad location or a bad hotel and believe me I have stayed in most of them.

The new year also ushers in the short course season here in Colorado. It will culminate this year, as usual, with the state meet to be held at the University of Denvers El Pomar Natatorium, April 12, 13 & 14.

The Board and several committees have been busy coordinating with DU as they will officially host the meet for the first time. We are hopeful that this process will be successful so the Board can spend more time putting together programs to benefit the membership rather than just putting so much effort in hosting one meet each year. Watch for e-bulletins of other meets. Most of the meet dates have been selected and entry info is included within these pages. Loveland was not available when it was time to send this so look for updates on the web site.

Don't forget, elections of officers will be Saturday of the State meet, April 13th. Nominations can be sent to the nominating committee at _____ Coach of the year selections as well as the awarding of the Lt. Governors cup (To the male and female swimmer who has made a significant contribution to masters swimming in our state) will be made. Nominating forms are in this newsletter.

Finally, a round of thanks to the board and committee volunteers who have been working on some new opportunities for us all to participate in. We have some great new plans for this year and next. Implementaion is all that is left.

Have a great year, Dennis



Request for Observed Swim for Potential World Record Swim in an IM or Butterfly Swims

Until such time that the Masters organization within FINA can definitively act on changes recently enacted by the greater FINA organization with respect to the use of the breaststroke kick in butterfly events or the butterfly portions of the IM or medley relay, those who might break a world record in one of these events must request in advance that the swim be observed for compliance with the current FINA rule to insure acceptance of the record application. The changes in the FINA rule no longer permit the use of the breaststroke kick in the butterfly. This form is to be used by the swimmer and meet officials to request the observation and certify the swim. This form is required only for Long Course or Short Course Meter events only. Portion to be filled out by swimmer and presented to the meet referee PRIOR to the swim:

Please observe the following swim:

Name _____ Event #/
Name _____
Heat _____ Lane _____
Meet name and Date _____

Portion to be filled out by meet officials:
I observed the above swimmer compete in the specified event and certify that the butterfly portion of the swim was completed (check one)

without using the breaststroke kick (in compliance with the FINA butterfly rules).

using the breaststroke kick.

Signature _____

Date _____

Printed name _____

Note to officials: Starting September 20, 2001 and until further notice the FINA rules prohibit the use of the breaststroke kick during butterfly swims. USMS rules at this time have not been changed and

therefore still permit the breaststroke kick in the butterfly. Please observe the listed swim and if appropriate, certify that the breaststroke kick was not used during the swim. This certification should not be provided if this form is not provided in advance of the swim.

Note to meet committee: Please attach this form with application for world records. World record applications with swims certified to be in compliance will be considered. Those which indicated the use of the breaststroke kick or which were not observed may be considered if FINA chooses to do so. USMS will hold these forms until a decision has been made.

RULE CHANGES

USMS Legislation, Registration and Rules Committees

The House of Delegates meeting at the USMS convention in Louisville approved or announced several significant changes that you need to receive immediately. These changes are listed below.

1. The FINA Bureau has accepted our request for a variation to the butterfly rule to allow Masters swimmers to use a breaststroke kick for the period September 20 (when the Fukuoka amendment came into force) until May 23 (when the Masters Congress amendment will come into effect). This exception means that we return to the rules prior to September 20, which allowed the breaststroke kick to be used in the butterfly for all events. Records set during the intervening time will be acceptable with either kick as long as they otherwise qualify.

2. USMS has changed its minimum age of membership to 18 effective November 18, 2001. Registrars may begin to accept members immediately. They must, however, insure that the registration form is dated on or after the potential member's 18th birthday. We cannot accept forms signed while the person is 17. Members

can compete in USMS meets when they meet the requirements for being considered 19 for a given meet. For short course yard meets, a member can compete as long as their 19th birthday occurs on or prior to the last day of the meet. For both short course and long course meter meets, an 18 year-old member may compete in the year in which his/her 19th birthday occurs. In all cases, they will be competing as 19 year-olds for the purpose of individual and relay age group determination. Registrars currently using the USMS registration software will receive a new version shortly. They can currently register 18 year-old members but the cards will print with a "Not Valid Until" statement on the card.

During the FINA World Championships, they enacted several changes to the technical rules of swimming which USA-Swimming, in turn, enacted on September 14, 2001 to become effective on September 20, 2001. Therefore, in accordance with 601.4.5B, the USMS rules of competition are also changed as of that date.

These changes are permissive relative to our current rules. Therefore anyone following our current rules will continue to be legal under the new rules. (You will have received separate action with respect to FINA's changing the butterfly rules.)

The changes include:

- Allowing the elbows to be above the surface of the water on the final stroke prior to the turn, during the turn and at the finish. Previously, only the last stroke prior to the finish could have the elbows above the water.

- During the butterfly swim, the swimmer must be on the breast. Previously, the swimmers shoulders also needed to be in line with the surface of the water.

- A backstroke swimmer may be submerged at the finish of the race. For a more detailed explanation of these changes please refer to the USMS Rule Book



USMS One Hour Postal Swim

The Florida Maverick Masters will proudly host the 2002 USMS One Hour Postal Swim National Championship in January, 2002. The One Hour Swim is the first USMS Long

Distance National Championship each year, and it is traditionally the most popular Long Distance Championship event. Last year, the One Hour Swim drew nearly 2000 swimmers from across the United States and abroad. Maverick Coach Paul Hutinger has developed Training Hints for the One Hour Swim. The file is available in PDF. For entry information or training tips go to: <http://www.maverickswim.org>

Officials Wanted

Colorado Association of Swimming Officials (CASO) is in need of people to help referee high school swimming meets in the Denver area. As masters swimmers many of you have the requisite knowledge to help in these paid positions. Call Rex Abelein (303) 987-2520 to make arrangements to receive a rule book and complete the short test to qualify. Once qualified as a CASO official, you are also able to help with our own masters meets. If you have the time and the interest, we could use your help.

Convention Report

By Marcia Anziano

As most of you are aware, Cindy Hawkinson and Marcia Anziano attended the National Convention. Since most times there were more than two meetings held simultaneously, a best effort was made to attend the meetings that were felt would impact Colorado the highest. The following is a summary of the highlights of each meeting. In addition, some action items that we need to take will be highlighted.

Details of all the meetings are available on the USMS website at:

<http://www.usms.org/admin/conv01/>

This year, new officers were elected. President: Jim Miller; Vice President: Scott Rabalais; Secretary: Sally Dillon; Treasurer: Doug Church. From all signs this should be a very strong group of officers.

The order will be as attended, or as the meetings were held:

Registration: discussion of putting the LMSC handbook on the USMS web site. This brought to light the fact that this is sent in electronic format to both the president and the registrar.

Action Item: locate the LMSC handbook in electronic format and put the sanction and recognition request forms online.

The impact of allowing 18 year olds to register. This legislation was passed and registrars were given the following guidelines – 1. They must be 18 when they sign the form. Check the date of birth vs. the date the form was signed. As for competition the following guidelines apply: Yard meets – must be 19 by the last day of the meet. Meter meets – must be 19 by the end of the year. Long Distance meets – must be 19 on the day of the event. We have copies of statistics on membership.

Coaches: there will be a coaches section on the website that will require passwords. This will contain workouts by three coaches. Any registered USMS member will be able to get a password. These workouts will be valuable to the self-coached swimmer. The MACA website will be moved to the USMS server. Recommended a relationship be continued with ASCA to establish a “Masters Coaching School” to be held in conjunction with the ASCA World Clinic. Goal: to educate current Masters coaches and recruit new Masters coaches. Plan to post the Coaches manual on the USMS website during the coming year.

Legal Counsel: of note to us is the length of time registrars keep information. As this varies by state, it is difficult to write a definite rule. It was suggested to scan in the signed waivers on the applications and keep them in electronic format for years. Paper could then be discarded.

Legislation: The big issues that passed in legislation consisted of allowing 18 year olds to register. Note that they cannot compete as there is no age group to address 18 year olds. Times achieved at sanction events are now considered for FINA world records. Any amendments to FINA Masters Technical Rules adopted between annual USMS House of Delegate meetings will automatically be adopted by USMS, except that such amendments may be altered, amended, repealed, or changed by a nine-tenths vote of the Rules Committee and a majority vote of the Executive Committee.

Rule Book: Mostly business. Chose the cover for the new rule book – designed by Bill Volkening.

Recognition and Awards: Newsletter of the year was West Hollywood Aquatics. Dorothy Donnelly Service Award was presented to Richard Brewer, Leslie Cooper, George and Tilly Cunningham, Sarah Horada, Charlie Moss, Ed Saltzman, Frank Tillitson, Rich Wines, Marcia Cleveland and Bill Volkening.

Finance: See budget

Officials: Ongoing agreement to continue to work coordinating with USA Swimming Officials Committee to use the two USMS National Meets as a vehicle for USA Swimming National and National Championship officials certification or recertification.

Safety Education: Project to put USMS Safety Guidelines document on the USMS website. Include guidelines for warm-ups to include a slow or ‘leisurely’ lane. Select appropriate excerpts from the safety guidelines for Sanctions Chair to distribute to Meet Directors. Action Item: need a Safety Chairperson. Possibly one of these new volunteers.

Championship: For Hawaii only, will allow entrants to swim 4 events that they do not qualify for as opposed to the standard 3 events. How many would attend this meet was a concern. Sites for 2003 are Tempe Arizona for short course, Rutgers University for long course.

Long Distance: Awarded 2003 championships: details in report on website. **Action Item: we have discussed bidding on a postal swim in the past.**

Suggestion: let’s get some participation in a postal swim this year. Work on encouraging teams to participate this coming January/February. Possibly appoint a coordinator.

Sports Medicine: will be providing more input to Swim Magazine.

Insurance: new policy for next year at lower rates!! Provided a grid on how insurance works. Copy available. **Action Item: provide a copy of the grid to every team.**

Records and Tabulation: Designated year 1972 as the ‘beginning’ for organizational records. Will be developing top ten software to aid in keeping track of top ten.

History and Archives: Letter of Intent sent to the Henning Library confirming our intent to have them conserve and store USMS archives. Project to convert records to standard format

Planning: Recommended a project to create a database of information on recently constructed pools to be carried forward to the next Planning Committee for continued work. Recommended ‘carry forward’ of the mentor project, which provides facilitators to LMSCs that need help becoming more active.

Rules: see details in the minutes of the meeting on the details of rule changes. Most resulted due to changes in USA swimming.

Fitness: Discussed ideas for fitness awards and patches. **Action Item: promote the Check-Off Challenge to the teams for their fitness swimmers.**

Endowment Fund: Move more money to Endowment Fund in order to attract additional donations.

International: see minutes details.

Communications: Increased use of website for providing information to members. National has a dedicated server and will host LMSC websites for free. Increased presence in Swim magazine. **Action Item: move our website to the national server.**

Marketing: Recommended the company from Denver to do the Marketing. Budget approved to move forward with this initiative.

Ed Note: Congratulations to Marcia on Breadbasket Zone Meeting. Elected new Zone chairperson, Marcia Anziano. USMS. The only other person to have been elected from our LMSC is Jack Buchannan.