

FEDERAL way Kings

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M A S T E R S S W I M M I N G

APRIL 2006

PRESIDENT'S LETTER

By Hugh Moore

Dear Federal Way Masters Swimmers,

Congratulations! We're Kings once again after winning PNA Champs for the fourth year in a row. Wendy and everyone who swam should feel proud. In the past five years we have evolved as the largest team in PNA and continue to grow.

I'd like to take this opportunity to thank everyone who helped make the meet a success. **Holly Bork**, especially, deserves recognition for all of her efforts. She worked tirelessly before, during, and after the meet. Her efforts included processing individual entries before the meet; checking-in swimmers, processing relays and overseeing awards distribution during the meet; and acting as treasurer. **Hank Kirkland** worked the office during the meet, reducing my workload significantly. **Carrie Breed** helped Holly on Saturday, then took over her duties on Sunday. **Mike Anderson** arranged timers. **Gregg Metzler** and **Patrick Sullivan** announced. **Ken Breiding** acted as Meet Referee

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COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

Thank you to all Champs Meet Volunteers! This meet couldn't make it without your hours of dedication and hard work!

Way to go FWM for yet another great meet. You had me stressed as usual on the amount of entries we were going to get this year. What made it worse was that twelve of our "shoe-in" Champs goers were M.I.A for this meet.

We ended up with a roster of 49 swimmers, tying last year's team participant high. Everyone seem to have a lot of fun: swimming faster times, hanging out and helping during the meet.

Twenty-one of you followed the coach's encouragement to swim the 1650. Everyone in the 1650 scored points and the total points earned for FWM by this event were 158 pts. Quite a lot for one event.

All we need is Relays to add a smile to everyone's face. FWM was able to enter twenty-six relays! There is something about relays that help bring out the kid

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JANE ASHER LEAVES HER MARK ON THE WORLD

Many of us remember Gail Roper at our Champs and Zones meet last year. She set several records in the 75-79 year old women's age group, including world records at the meet. Well, an amazing story took place in England last month at the 15th Guernsey Masters Open, held on March 24-26. Phillip Whitten from Swimming World magazine tells it like this:

"Asher swam eight events in Guernsey and came away with eight gold medals and seven new world records for women 75-79, her new age group. She didn't just break the records, previously held by some of the most illustrious names in Masters swimming, she gave them an old-fashioned, back of the barn, whuppin'.

Asher began by clocking 6:11.38 for the 400-meter freestyle, almost 33 seconds faster than the old mark of 6:44.09, set by Jean Troy (USA) four years ago. She then followed by slicing almost six seconds from Gail Roper's 100-meter free mark of 1:24.31, set last year, with a sparkling 1:18.59.

Roper's 44.18 for the 50-meter fly, swum two years ago, was no match for Asher who touched in 40.71. Then she sped to a 3:31.20 for the 200 IM, comfortably under June Krauser's record of 3:43.58 from 2001.

In the 100 fly, Asher's 1:45.10 was some five seconds faster than Austrian Sylvia Neuhauser swam in '04. But in the 200 fly, Asher stumbled, not even

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in everyone. 548 points were brought in from relays.

This year the team's total points were 2,041, almost doubling the second place team which had 1,058.

Now that champs are over what are you going to do next? This is a question we all should be asking ourselves. I hope you all see that setting goals will help you on a path of consistency and help give yourself a check point to see how you are improving and where you are not improving. We are starting off long coarse slow and easy. This is time to capitalize on your weaknesses!

Thanks again for helping me live my dream of being the biggest and best represented team in Washington!

Wendy

FORGET THE GATORADE, GOT MILK?

BLOOMINGTON, Ind. -- An Indiana University study says chocolate milk is just as effective, if not more so, than sports drinks for refueling muscles after a workout.

Athletes frequently take in sports drinks, such as Gatorade or Powerade, to help muscles recover and help them train with more intensity at their workouts. The surprising findings of the IU study show that chocolate milk really "does a body good."

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and was assisted by a dozen official, including Federal Way swimmers **Mary Coddington** and **Kim Boggs**. **Mary Ann White** designed the t-shirts and meet logo. **Judy Williams**, **Julie Fay**, and **Kim Hicks** arranged for hospitality for the meet volunteers. My apologies if I missed someone, but there are so many people who contribute that sometimes I lose track. I truly appreciated everyone's help.

Sincerely,

Hugh

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approaching Neuhauser's WR with her 4:06.06.

The next day, the British phenom was back to her old tricks, blasting Roper's 100m IM standard of 1:38.11 from 2004 with a 1:32.92. Roper was on the receiving end again in Asher's final swim, as the speedy Brit stroked through 50 meters of freestyle in 35.58 seconds, easily under the American's two year-old standard of 37.24. "

Setting a world record is already a goal for a lifetime. Setting seven in one meet is unheard of. Contratulations to Jane Asher who shows us that age is no deterrent to success.

WHAZZUP WITH THE DOOO?

To avoid that menacing Mad Scientist/ Bride of Frankenstein Look, try this simple chlorine neutralizer: *

To a 1-qt plastic jug, add 2 tablespoons of baking soda. Post workout: Fill container with warm shower water, shake briskly, then douse hair with entire contents, paying particular attention to ends.

Leave on hair for one-minute to help restore pH balance. Rinse, then shampoo and condition as usual. To minimize chlorine exposure while in the pool, shower before your workout, since a dry hair shaft will absorb more chlorine than a wet one.

**as recommended by my oh-so-appalled hair stylist.*

Wendy

WELCOME BACK, LCM

After a week of swimming the "ten-lane monster", many of us are in full Long Course mode, and enjoying it. Love it or hate it, it will be here with us for a while. We will have long course workouts until August, but at least when the kids get out of school in June, we will get back to eight lanes and good lane lines again. Just Say No to Rope Burns!

TEAM OFFICERS

President	Hugh Moore
Vice President:	Gregg Metzler
Secretary:	Judy Williams
Treasurer	Holly Bork
Membership:	Kim Hicks
Webmaster:	Dan Smith

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Joel Sager, an IU physiologist and coach, tested his theory on the swim team during the summer of 2004. Sager's team hit the pool twice daily and many ran out of steam during the second workout.

Sager suggested that the swim team drink chocolate milk after the morning practice instead of sports drinks. He said there was a huge difference in swimmers' performance and energy level.

Sager said chocolate milk has the right blend of carbohydrates and protein for refueling muscles after exercise. > "It replaces carbs in the muscle cells. The other thing it's got going for it -- it has a ratio of four to one carbohydrates to protein," Sager said. "When athletes are exercising, they need an increased protein intake."

Sager said flavored milkshakes are a good substitute for chocolate milk for anyone who can't stomach milk.

THINK KCAC IS COLD? TRY ICE SWIMMING

Headaches or sinusitis? Having trouble sleeping? Finns insist things will improve if you go regularly to the "avanto", the Finnish word for a hole in the ice.

Some call it sport, some call it fun, others swear by its health benefits, rattling off a list that would make a snake-oil salesman blush. Ice swimming will ease arthritis and relieve rheumatism, cure depression and keep colds and flu at bay, devotees say.

A dip in a frozen lake during the Arctic winter might not seem the most appealing pastime, but for many in Finland it is a weekly habit, as regular as cross-

country skiing or skating.

About 120,000 Finns go ice swimming regularly, but about five times that number — roughly 10 percent of the population — have taken the plunge at least once.

Many of the regulars do it to cool off between bouts in the traditional Finnish sauna, but the more seasoned are happy just to swim, without the welcoming warmth of the steam.

Yrjo-Koskinen said for some people it is serious exercise, but also simple fun.



A Finn takes a dip in the "avanto"

That was what attracted many of the 1,000 or so swimmers to the championships, which included Australians, Canadians and even some from Kazakhstan, racing against each other in a 25-metre, eight-lane pool cut through the ice. "If you have a hangover, are angry, or have something on your mind, cold-water swimming wipes it clear," said Stephen Hodnett, a Dubliner racing at the championships in Oulu. "It just clears it all. The only problem is that you get cold."



Local and Regional Events Calendar

<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
Apr 28-30, 2006	Northwest Zones	SCY	208/365-1166 dee@bigskytel.com Entry Form Meet Information	YMCA & Boise Aquatic Center	04/10/2006
June 3, 2006	Tualitin Hills Sizzlin' Summer Meet	LCM	Entry Form	Beaverton, OR	05/19/2006
July 8, 2006	Long Course meet	LCM		Port Orchard, WA	
Sept 10, 2006	OMS Pentathlon	SCM		Camas, WA	



National and Postal Events Calendar

<i>Date</i>	<i>Event</i>	<i>Type</i>	<i>Contact or Link</i>	<i>Location</i>	<i>Entry Deadline</i>
Jan 1 to Dec 31, 2006	USMS Check-off Swim Challenge	POSTAL	Hugh Moore Entry Form	POSTAL	12/01/2006
Jan 1 - Dec 31, 2006	2005 30-Minute Fitness Swim Challenge	POSTAL	www.usms.org/fitness/swim30.shtml	POSTAL	12/31/2006
May 11 to 14, 2006	USMS Short Course Nationals	SCY	Michael Lohberg, 12241 Royal Palm Blvd., Coral Springs, FL 33065, 954-345-2121, mlohberg@aol.com	Coral Springs, FL	04/06/2006
May 15 to September 9, 2006	USMS 5k and 10k Postal Championships	POSTAL	Neil Salkind, 785-841-0947, njs@sunflower.com	POSTAL	pending
Aug 4 to 10, 2006	2006 XI FINA world Masters Championships	LCM	Michael Moore, 350 Wayland St., San Francisco, CA 94134, michael@2006FINAmasters.org Website	Palo Alto, CA	pending
Sep 15 to Nov 11, 2006	USMS 3000/6000 Yard Postal Championships	SCY	Max Veltman, 915-584-0227, max_veltman@yahoo.com	POSTAL	pending

