

## In this Issue:

- Letter from the Chair
- Calendar of Events
- USMS Membership
- First Meet by Ware Branch
- Board of Directors list

## FROM THE CHAIR

With this new year, many exciting changes are on the wind for Utah Masters Swimming.

There are more new appointments to the Utah LMSC Board of Directors. We have a new 2<sup>nd</sup> Vice Chair, Cari Capel. She'll be in charge of all things teams and meet oriented. Cari swims for South Davis and comes to us with a Masters in Recreation Management. Yeah!

Will Reeves has agreed to be the Open Water Rep on the Board and it looks like we'll have our first sanctioned Open Water event with Deer Creek this year. Thanks to Will for his efforts in education on that. I'm excited to see what he can do in developing open water for us this year.

Ware Branch has taken on a new position of Fitness Rep. He'll be working to support fitness swimmers by encouraging them to participate in our postal events and anything else he'd like to dream up.

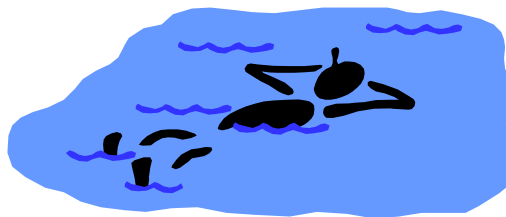
In compliance with our LMSC license from USMS, we have created a Utah Club separate from the LMSC. Just like QUAC is it's own club, so now is UTAH. We have appointed Lo Knapp as President of the Utah Club and Tripp Hopkins as Treasurer of that club. Lo sits on the LMSC's Board of Directors as the Rep for the Utah Club.

The QUAC swim meet is on Sunday, February 15<sup>th</sup> at the U of U Natatorium. As they have quite a few out of state swimmers, there can be really good competition at this meet. They are taking deck entries and everyone is welcome.



## South Davis Swim Meet fall 2008

Photos from the South Davis meet are posted in the Photos & Fun section of the Utah Masters website so take a look at those for a good giggle. You'll notice there are no full body shots of me. I did that on purpose. It's great to be Chairman. ~k



We are having our first Open Water/Triathlete swim clinic on Saturday, February 21<sup>st</sup> at the American Fork Fitness Center and the State Championship meet will be March 27<sup>th</sup> & 28<sup>th</sup> at the South Davis Rec Center. Those registration forms are available online.

As always, if you're dying to help, we have lots to do this year. Let me know what you're up for and I'll hook you up.

Kimberly Hunter  
Chairman Utah Masters LMSC

## Upcoming Events

### FEBRUARY 2009

SU	M	T	W	TH	FR	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

### MARCH 2009

SU	M	TU	W	T	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

February 15

#### QUAC Ski n Swim

U of U Natatorium

Warm up 9:00 am, Deck entries due by 9:15, meet starts at 10:00 am

February 21

#### Open Water / Triathlete Clinic

9-12:00 noon

American Fork Fitness Center

454 North Center Street

Register at [www.utahmasters.org](http://www.utahmasters.org)

Questions to [birdpottery@msn.com](mailto:birdpottery@msn.com)

March 27 and 28

#### State Championship Swim Meet

South Davis Recreation Center

550 North 200 West

Bountiful, UT 84010

Register at [www.utahmasters.org](http://www.utahmasters.org)

Questions to [cape107@msn.com](mailto:cape107@msn.com)

## OFF THE WALL I/M FORMATION

### STROKES HEARD AROUND THE WORLD

Utah Masters Swimmers,

If you have already registered with USMS for 2009 you can ignore this message.

For everybody else, this is a friendly reminder to get your 2009 USMS card. Over 140 of you have already done so, which is fantastic and which is already double the number we had registered for 2008! But we need the rest of you to come on back and continue to be a part of masters swimming.

Why the emphasis on joining US Masters Swimming? It is an investment in a healthy lifestyle and having the courage to maintain it on an ongoing basis. US Masters Swimming provides programs that support this, regardless of economic conditions.

Collectively we have chosen aquatics as a means of exercise and engage in it regularly individually and as a part of groups. We are fitness swimmers, triathletes, and competitive swimmers; all of whom derive benefits from participation. It is not about insurance, swim meets, or a magazine, its about supporting a way of life through aquatics.

Many of us belong to organizations outside of swimming because they support causes, values, and beliefs that we do. Think of professional associations, interest groups, religious institutions, political parties, civic groups, volunteer organizations, and others that you belong to. You support them with your time, attention, money, and/or other means. Membership in USMS is on the same level and supports the values of healthy living, fitness, camaraderie, and fun through swimming.

United States Masters Swimming provides tools, events, information, and more to its members. You will see more of these in the future, especially for the fitness swimmers that comprise the majority of our membership. Current members will see these changes as they are rolled-out over the coming months. So start the new year off right by signing up for USMS membership.

Lo Knapp  
President, Utah Masters Swim Club



### AS THE FLIP TURNS . . .

A Highchair for the Chair  
Born December 16, 2008,  
Benjamin David Graham Kite,  
grandson of Utah Masters  
Chair, Kimberly Hunter.

Matt Chamberlain and his wife  
Jessica welcomed their 4th  
baby boy, Thomas James  
(TJ) on January 9th.



**Benjamin Kite demonstrating proper bubble blowing technique.**

2009  
Masters  
Memberships

\$40/annual

[www.usms.org](http://www.usms.org)

Or

[www.utahmasters.org](http://www.utahmasters.org)

Get in on it.

This is an article I found in the newsletter archives written by Ware Branch in June 2006. At that time he was new to Masters swimming. I was so amused by this, I thought it just had to be revisited as we have many, many new swimmers in Utah that think swim meets are somehow serious at the state level. Mmmmm....nope. I race to know where I'm at in my training. I race to know that I'm not acting like a grandma should. I race because it's playtime, even if I fall off the block. Sorry Ware. ~k

#### First Person Account – My First Swim Meet

After swimming with the Utah Masters for about 8 months, I attended my first U.S. Masters swimming competition in late January (2006). Jim Viney, the current chair of the Utah Masters Swimmers Board of Directors, had encouraged me to participate. He may have been motivated by the fact that he had to be there to direct the meet and wanted some comic relief in watching me attempt to swim. But it's also true that the proceeds went to the Road Home shelter - we raised over \$150 for this good cause. Anyway, I went to the meet, and it was great fun on several levels. Plus, there were quite a few very good swimmers in attendance and some genuine competition.

I knew some of the stalwart Steiner swimmers present at the meet, and there others from other centers. Carolyn Lyman and Craig Paller were point leaders for the women and men, respectively. Carolyn Lyman set several (that's right, several) new state SCY records in her age group and Barbara Nash set one. Brad Gale, Jeanne Hayes, Dustin Ballingham, Rhett Roberts, and Damon Joyner turned in solid, real-swimmer efforts and were fun to watch. Hell, Brad Gale swam a 5:18 500 yd freestyle, something I will never accomplish without steroids, amphetamines, and hidden motorized devices. Jim Dement competed in numerous events and was well-dressed in a Speedo full-torso outfit. Julio Facelli must have participated in most events - he got a fabulous workout and most certainly was able to have a guilt-free lunch.

I met a pediatric cardiologist, Chris Mart, who has been swimming about as long as I have, but has to train in the middle of the night at 24-hour Fitness! Of course, my own events were, for me, the highlight of the morning. I swam the 50 yard freestyle and, having never done this before, am proud to note that I set a personal best! I am willing to concede out of sheer magnanimity, that several younger men and women finished a bit faster than I did. Most of you are aware, however, that they could not have matched my preparative sacrifice, competitive focus, or dark blue swim briefs. As for the 100 yard event, what can one say in historical retrospect? My disqualification for falling off of the starting tower seemed ill-founded and was probably due to a trumped-up sense of importance on the part of the starter. Even with this little mishap, I came in a very strong sixth or seventh out of five.

By now, many of you have heard that my performance at the meet is being considered by Lee, Spielberg, Howard and others as the basis of a major "dramatic comedy." I would opine, however, that the comedy notion is a bit out of line. Who would dare say that my serious efforts, backed by a solid two weeks of training, were "comic." And how could anyone ignore the anguish I suffered deciding upon which swim suit to wear. No, my efforts were nothing short of a serious drama, and I can only hope that the likes of Lee and Spielberg will get a grip during the script development phase of the project. Any of you inclined to write them, please do. Alas, in closing I must recognize the Utah Masters meet last Saturday was not about my performance. It was about a little fun, a little exercise, a little camaraderie, and a donation to the homeless shelter - good fun for a good cause. It turned out to be a healthy way to spend a few morning hours on a Saturday; I heartily recommend it.

Ware Branch, June 2006

## *Just In*

*Carrie Scott of South Davis Masters has just agreed to be our new Social Chair giving Jeannie Hayes a welcomed reprieve.*

*A big thanks to Jeannie for all she's done in keeping us entertained the last few years and a really big "WELCOME!" to Carrie. She is singularly the most fun loving person I know, what with all the Halloween and Superbowl parties, hikes, bike rides, trips to Vegas and Hawaii....it's always something. I expect we'll all have a good time in Utah Masters this year with her at the wheel. Wahoo!*

# Utah Masters LMSC Board of Directors

CHAIRMAN	Kimberly Hunter	kimberly@hunterchamplin.com
1ST VICE CHAIR DEVELOPMENT & RECORDS	Dennis Tesch	d.tesch@comcast.net
2ND VICE CHAIR MEETS & CLUBS	Cari Capel	capel07@msn.com
SECRETARY / SANCTIONS	Kyle Treadway	ktreadway@kenworthsalesco.com
REGISTRAR	Malaika Homo	trimalaika@yahoo.com
TREASURER	Kim Howe	kvhowe@gmail.com
UTAH CLUB REP	Lo Knapp	laura.knapp@hsc.utah.edu
QUAC CLUB REP	Jim Viney	jamesviney@comcast.net
COACHES REP	Tim Shumate	tim.shumate@atk.com
TRIATHLETE REP	Andrew Bird	birdpottery@msn.com
OPEN WATER REP	Will Reeves	will.reeves@hotmail.com
MEET EDUCATION	Kris Edwards	kristenedwards2000@yahoo.com
WEBMASTER	Tony Nissen	tnissen@cal.berkeley.edu
WEB DESIGN	Morgan Smith	mmichaelsmith@hotmail.com
NEWSLETTER	Erin Darboven	erindarboven@yahoo.com
SOCIAL	Carrie Scott	carrierandyscott@mac.com