



INVERCLYDE MASTERS SWIMMING CLUB NEWSLETTER Jan-May '06/issue N.5

Hello Swimmers,

And Happy 2006!

On the last day of the year it felt so good to be back in the pool - after the relatively short break for the Christmas holidays - that we soon found the confidence in our conditioning by swimming the last Hungarian rep of 2005. It will surely not take too long before the feel for the water is back again.

Surprise! surprise! For the first time since the last couple of years there are a few new events that seem to revitalise the Calendar for the new season.

Watch out for the most local Aberdeen and Portobello Swim Meets in March and April.

For this quarter I thought about sharing a few extracts from the book 'BY A FRACTION OF A SECOND' by Lois Ruskai Melina, a freelance writer who, in the year preceding the 2000 Olympics, spent time with nine swimmers and their coaches to analyse their experiences and reveal their disappointments and dreams. See what you would like to get out of it!

In this issue:

1-SWIMMING: CALENDAR AND COMPETITION INFO

2-IM RULES

3-DID YOU KNOW THAT.....?

4-A TASTE OF FLY

5-KRISTIN QUANCE-JULIAN: MOTIVATIONAL TIPS FROM OLYMPIAN SWIMMERS.

6-GOSSIP OF THE QUARTER

7-NOTICE BOARD

8-HAVE YOUR SAY....

Enjoy!

By Simona Ielo

1-SWIMMING: CALENDAR AND COMPETITION INFO

[What's coming up the Scottish Championship Agenda?](#)

11 February 2006

Scottish Open 5k, Tollcross, Glasgow.

3-5 March 2006

Welsh Open Masters Championships, Walsey National Pool, Swansea.

4 March 2006

Silver City Blue Open Swim Meet, Westhill Swimming Pool, Aberdeen.

4 March 2006

Limerick Masters Open Grand Prix Gala, University of Limerick 50mt Arena Pool, Limerick.

12 March 2006

East district Masters Meet, Portobello Swimming Pool.

23-26 March 2006

Swimathon

21-22 April 2006

Scottish National Open S/C Masters Champs, Tollcross, Glasgow

13 May 2006

Carlisle Masters Open S/C Swim Meet, The Pools, Carlisle

For more information on events above and entry forms please visit:

<http://www.scottishswimming.com/sports/masters/>

2-IM RULES

from 'BY A FRACTION OF A SECOND' by L.R. Melina, p.15

In the IM the rules for each stroke govern how each leg of the IM is swum. A swimmer must follow each stroke's rules for turning while turning during that stroke leg in the IM [...]. However, when making a transition from one stroke to the next the swimmer is considered to be finishing the

stroke and the rules for the finish of the stroke rather than the turn are applied. For example, when turning in a backstroke event, a swimmer is permitted to roll onto the stomach just before the wall and do a flip turn, but the swimmer must finish the race by touching the wall while still on the back. Therefore, at the end of the backstroke position of the IM the swimmer must touch the wall while still on the back before turning to swim the breaststroke.

3-DID YOU KNOW THAT.....?

from 'BY A FRACTION OF A SECOND' by L.R. Melina, preface xix

If you don't win a medal at the Olympics, you are still an Olympian. If you get third place at Trials, you do not get to go. [...]

To make the American Olympic team a swimmer must finish first or second in the finals of his/her event [...] At the Olympic Trials times don't matter. Swimmers don't care if they finish first or second as long as they are in the top two because only the top two in each event will make the team. [...] It's the only meet in the world [...] where there are two first places and everyone else is last. No wonder many swimmers say the most stressful meet in the world is not the Olympics, but the US Olympic Trials.

4-A TASTE OF FLY

from Go Swim, Pic of the week 28/10/2005

There we go! Superpowerwatch!



Misty's fly. The little things she does with her hands and wrists plus her low and early breath are key factors for her relaxed recovery.

Misty Hayman was 5-time NCAA Champion, 10-time National Champion and Olympic Gold Medallist. Her victory in the 200fly at 2000 Sydney Olympic Games will go down as one of the most thrilling (and perfect) swim races of all times.

Hey I wanna watch like that!!!

4-KRISTINE QUANCE-JULIAN: MOTIVATIONAL TIPS FROM AN OLYMPIAN SWIMMER.

Before the US Olympic Trials of 1996, Kristine Quance-Julian had won six NCAA titles, eight national titles and had set an American record in the 200 breaststroke. She was ranked second in the United States in the 400IM.

from 'BY A FRACTION OF A SECOND' by L.R. Melina, p.14-21

The 400IM was contested on the first day of the 1996 Olympic Trials. [...] As the swimmer with the fastest entry time Allison Wagner was in the final heat of the prelims. Kristine, with the second-fastest entry time swam in the heat second-to-last. [...] She finished 10 seconds ahead of her nearest competitor with the fastest qualifying time so far. She got out of the pool, grabbed her towel and got ready to watch the final heat. It was then that an official told her she'd been disqualified. Kristine was told that when she made the transition from the backstroke leg to the breaststroke, she had not turned enough toward her stomach before leaving the wall. She would not be able to swim the finals that evening for a spot on the Olympic team in her best event. [...] Kristine could not believe she had been disqualified.

[...] She made the team in the 100 breaststroke [...] came in third in the 200 breaststroke.

After the Olympics, Kristine returned [...] depressed and unmotivated. In fact, she wanted to quit swimming [...] she regretted the promise she'd made to a friend to speak to a church youth group about her Olympic experience. She couldn't think of anything positive to say about it. She decided to talk not about what she had learned at the Olympics, but what she had learned in her several years of swimming.

She told them how she learned to believe in herself, even when others didn't believe in her. [...] Kristine told them how she'd learned to make sacrifices for the goals that were important to her. During high school she had to miss some social events on the weekends to make her Saturday practices or meets. [...] Kristine told the children how she had learned she was the same person after she made the Olympic team that she had been before, and that her friends and family members treated her the same, regardless of the fact that she was an Olympian—and regardless of the fact that she hadn't swum well. [...]

Finally she told the children that she realized how important it is not to give up. If she'd given up when her father had discouraged her from pursuing her Olympic dream, she never would have come as far as she had. She told them her motto: quitting is never knowing if you gave up too soon.

7-GOSSIP OF THE MONTH

Guests from NORTH AYRSHIRE

Lynn Brown of North Ayrshire has joined our week-end morning sessions.

A warm welcome to Lynn and so glad to see you enjoy Donald's session: bring along your calculator!

Inverclyde Happy Birthday of the Quarter to:

Alistair Black, Gillian Finch, Roy Herdmann.

8-NOTICE BOARD

As anticipated Masters have now a new webaddress. For Scottish Masters Calendar of events and entry forms please visit <http://www.scottishswimming.com/sports/masters/>

9- HAVE YOUR SAY....

U-turn!

Tumble-turn?

Remember to turn and stay on your back before leaving the wall. Then you can twist pointing at the other wall.

(me!)