



Fall/Winter 2010-2011





ILMSA Newsletter is BACK! I apologize for the delay in getting the ILMSA newsletter into your hands and onto your computers. There were some difficulties that went on behind the scenes. We are all thrilled to be bringing the newsletter back to you. Please contribute stories, pictures and ideas to: [secretary@ilmsa.com](mailto:secretary@ilmsa.com). Thank-you for your understanding and patience.

## Greetings, Swimmers!

It has indeed been an interesting year. It occurs to me as I write this that you are reading our first newsletter since I was elected chair in 2009.

While this gap happened for a number of reasons, I'm happy to say that we're back on track and ready to offer quality content to our members. Above all, I want to thank two people personally for helping us to make this happen. Heather Howland has done a great job collecting content for our new newsletter, and Stuart van Dorn has been instrumental in put-

ting

emails. As ten of your fellow swimmers return from the U.S. Aquatic Sports Convention, you'll be happy to learn that club and coach development, membership retention, and continued volunteer involvement are high priorities for both USMS and ILMSA. If you would like more information on how you can better grow your club, attract members, or keep them coming back, please be sure to contact me. If you are a coach who is interested in learning more about new developments

Sanctions Chair Mark Mattson. Events are sanctioned on a first come, first served basis, so make sure to contact Mark well ahead of time to ensure that the date you want is available. **Most importantly**, we need your help. Our LMSC is able to function because of the work of a few dedicated volunteers. We'd like YOU to join our ranks! If you have a special skill set and/or time to dedicate to the improvement of Masters Swimming in Illinois, I encourage you to contact me or any member of the ILMSA Board of

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ting together the layout and formatting for this publication. We are confident that our new team will be able to churn out quarterly newsletters for the foreseeable future in addition to the content you're receiving in your (almost) monthly

in coaching, or about the new ASCA/USMS Masters Coach Certification program, contact Coaches Chair Laurel Liberty or myself.

If you'd like to host a meet, clinic, Open Water swim, or other event, please contact

Directors (see <http://ilmsa.com/about/board> for a complete list). We need all the help you're willing to give on any number of committees to help make our LMSC better. Stay wet, and have fun!

Chris Colburn, ILMSA Chair

# Warm Up Warm Down

Warm up and warm down are two critical parts of swimming fast, in both work out and competition. Warm up and warm down are also often the most neglected parts of swimming. I know time is of the essence and it is easy to shorten your warm up or skip warm down, but you shouldn't.

I swam with John Leonard, executive director of ASCA (American Swim Coaches Association). He always called warm up, "time to start your heart". Think about your car in winter, it takes a few minutes before the heat comes on and

the car starts to run smoothly. This is great way to think about warm up for your body. Hearts and lungs need to work a little before they are ready to perform; you have to, "start your heart".

Warm up should start with some slow easy swimming to get your muscles loosened up from previous work and to get them ready for the workout ahead. It is also a good time to do drills and kick. This is a great reminder during your workout.

Warm up should also be specific to what you plan to do that

day, whether you are going to do stroke, sprint, or aerobic swimming. Finally, you will have to increase the intensity to raise your heart rate. Many swimmers do build up swims, or descending efforts in order to get moving a little faster; you might also want to try some short sprints. When you have finished warm up you should feel pretty good, a little warm (hence, "warm up") and ready to work hard. Gregg Troy, coach of University of Florida, says that if you are not swimming well the first place to look is your warm up.

*If you are not swimming well the first place to look is your warm up.*

*The key to an effective warm down is continuous swimming until you feel your heart rate fall and breathing return to normal.*

## **A few warm up guidelines:**

- Spend 20-30 minutes, "starting your heart"
- Swim easy and include kicking and drilling
- Do some more intense swimming to elevate your heart rate: building, descending and short sprints are all good options
- Make warm up specific to your goals for your workout that day

**Warm down is just as important to swimming as warm up.** Warm down lets your body recover from practice or a race and reduces the lactic acid that builds up in your muscles. Warm down, like warm up, can consist of kicking, drilling and other strokes. The key to an effective warm down is continuous swimming until you feel your

heart rate fall and breathing return to normal. After a hard work out or race continue to warm down until your heart rate has decreased and your breathing has returned to normal. Remember to make a little more time when you go to the pool to prepare your body properly for a great work out or race!

By: Laurel Liberty



Odds and ends. Thanks for the trust that Chris and members of the ILMSA are giving to me as the newsletter editor. I'll do my best to keep the quality that the previous editors brought to this publication.

### **Big Shoulders 2010**

It was cold, gray, windy and the waves stopped many before they started. Some wore wetsuits, many just their swimsuits. The water temperature took your breath away and the waves pushed you off course. The rescue boats were bringing people to shore like fleeing refugees. I have 4000 skydives and this seemed to be the dumbest thing I'd ever done with most of my clothes off. (Night naked

skydiving is only done when there's a full moon and it's warm.) And then there are those thoughts of a sixty year old man that start with, "Why in the hell?" But I finished and to my wife I gave my watch fob, she earned it that day sitting in the cold and rain and not calling me an old fool. But in the end, my son said it best. "You want to die sitting on the couch?"

"No, but I'd be warm."

Stuart



Big Shoulder Photos courtesy of Lynn Van Dorn

# Swim Across America Chicago:

This article recently appeared as featured article on the USMS website. It was penned by our very own Michael McDonnell.

## Swim Across America Chicago:

A Beginner's Perspective  
by Michael McDonnell

When it comes to cancer, everyone has a story. It doesn't matter whether they've been directly affected by cancer themselves, a friend or family member has been afflicted, or even a mere acquaintance. Everyone has a story. On Saturday July 17th, 2010 at the Ohio Street beach, everyone's story got a little better known, a little louder, a little braver and a lot more hopeful. My story begins with my grandfather dying of esophageal cancer before I could even remember who he was. I've only known him from pictures. He lost his battle with cancer when I was less than a year old. My other grandfather battled with and survived Non-Hodgkins Lymphoma after a long seven-year battle. He wouldn't have survived that long without advances in cancer research. So in March, when I was approached to swim in Swim Across America, a mere two months after I had started to swim competitively, I

jumped at the chance. I signed up for the mile and immediately started fundraising. The very idea of the event was an exciting opportunity to expand upon my love for swimming while becoming a part of something larger than myself. On July 17th, 2010, 6 a.m. came far too quickly. The months and weeks leading up had flown



by and suddenly I was on the precipice of swimming a mile in open water in a cold lake. "What was I thinking?" had crossed my mind more than once. Walking up from the Navy Pier garage though, I could see several people already there talking to each other excitedly while watching the sun rise over Lake Michigan. After helping the others set up for the day, I took a quick walk out into the water just to check.

It was colder than I had expected. I was definitely getting a wetsuit. After helping set up the refreshments tent and stuffing the goody bags, it was time to sign up and get ready to swim. I rented the wetsuit and decided to hop in the water to see what it was like. I've never felt so buoyant in my life! Even in the cold water, the suit was very good at keeping my body warm, which helped make my motion in the water much easier. At 8:00 a.m., the first swim for the Swim Across America started. The three milers started into a cold, waveless, albeit beautiful, 66-degree Lake Michigan. At first, the swimmers were just a collection of waves and bobbing pink swim caps, but quickly began to disappear into little specks in the far reaches of the harbor. Joining the three milers was Olympic swimmer and winner of the Congressional Medal of Honor, David Sims. Following shortly behind the three milers were the one and a half milers, including Olympian Craig Oppel and former U.S. Pan American team member Megan Oesting. The mile and half-mile swimmers had a slightly different route than the three and one and a half mile swimmers. Swimming up and down the pier along the

lakefront one gets a repeated view of the Hancock Building to the west and a blinding view of the sun to the east. Coming out of the water, swimmers were greeted by more volunteers who directed them to the check-in point, so the event coordinators could confirm everyone got out of the water safely. A free towel was given out so you could dry off. However, in the 90-degree heat that day, it wasn't really needed by anyone for anything other than sunblock. After all of the swimmers had checked back in from the water, everyone who volunteered or swam was invited to come up for a catered picnic in the shade in Milton Olive Park. More stories

began to come out. One gentleman who had raised the second highest amount of money had himself survived five bouts with cancer. One of the women who volunteered and swam was swimming for her boyfriend

who swam a collective 298.5 miles on that very warm Saturday morning, \$130,000 was raised for cancer research. Bigger hopes and dreams were created that morning, as the giant check was handed off. A

**One of the swimmers whom I knew personally was swimming for his wife who had been undergoing brain cancer treatments.**

lot of promising research is being shown to help us find cures. Inspiration was not hard to come by as watching men, women, boys and

girls of all shapes, sizes and abilities ran to the water for this event. The contributions by all of the supporters and volunteers were so impressive that I couldn't help but feel a little pride in the accomplishments we all worked for that day

who was undergoing treatment for an eye cancer. One of the swimmers whom I knew personally was swimming for his wife who had been undergoing brain cancer treatments. On such an emotionally charged day, the Chicagoland area had something even more to be proud about; from the 182 swimmers,

WWW.SWIMACROSSAMERICA.COM  
Images courtesy of Swim Across America

## Upcoming Events

### 2010 Events

- Libertyville Sink or Swim Classic (Oct 24)

### 2011 Events

- St Charles Super Bowl Meet (Feb 6)
- York Shamrock Splash (Mar 13)

For more information about these and other events and to download a Consolidate Entry Card, visit [www.ilmsa.com](http://www.ilmsa.com)

You will also find more than upcoming events at the ILSMA website: FAQ's, meet results, information about membership benefits, photos of recent meets, and more information about masters swimming in or around the state of Illinois.

# The Economic Effect on Swimming

We are all very much aware of the turbulent economic times we live in. Budgets and salaries are being slashed, jobs lost and funds are drying up. Frequently, one of the first programs to get cut during economic hardships are all those “extras”.

I have been hearing of an increase of pools closing around the country. Boards of Directors and Trustees are shutting pools down frequently citing funding and expense as the source. Pools are indeed expensive to operate, staff and maintain. However, they also provide communities with excellent programs, places to come together and allow people to interact and get fit.

In the last few months I have begun training with a new masters group. It's a relatively small group that swims out of the College of DuPage, or COD. The talent amongst the guys I swim with is phenomenal. We count multiple Olympians, world record holders, NCAA finalists, many former D1 swim-

mers, and other record holders amongst our ranks. To say I was a bit intimidated would be an understatement.

I was excited to work out with



such a decorated, nice and fun group. Then I heard that the pool might be closing. Word is the President of the board is looking at closing the pool. My guess is it's another funding issue. Being me, I jumped right on board emailing all sorts of people, rallying support, calling in favors, etc.

I know we are not the first (and certainly not the last) pool to face such circumstances.

I hope we can befriend the Board of Directors and show them just how valuable the pool is to the community. There are Masters swimmers of course, as well as fitness swimmers, triathletes, divers and “noodlers” that utilize the pool. We have a handicapped man that is able to move in the pool and escape his wheel chair. There are young, old and some where in between people that use the pool for a variety of reasons. It would be a huge loss to the community to shut down such a great facility.

I wish I could wrap up this article with a nice little solution and solve

all the problems facing pools (and individuals) across the country. I offer no solutions other than to continue to patronize your local pools, continue to register for USMS (as funds from registration can go help other pools in jeopardy) and be “in the know”. Pay attention to what happens at the pools you frequent and do what you can to help out.

Happy swims and fitness!  
Heather Howland

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## ILMSA Board of Directors

The 2010 ILMSA Board of Directors is listed below. To volunteer for a committee in 2010, please send an email to the committee chair, or to chair AT ilmsa DOT com. E-mail addresses on this page adhere to the USMS email standard to prevent address harvesting. To e-mail an individual at a listed address, remove all spaces, replace AT with @, and replace DOTs with periods.

### Executive Committee

The Executive Committee (EC) is the decision-making body of the organization, and is made up of the following positions:

**President** (term concludes 2011-05-31)

**Chris Colburn**

121 Gregory St. Apt. 2 Aurora, IL 60504-4135

e-mail: chair AT ilmsa DOT com chriscolburn AT gmail DOT com

AIM: cmcolburn1972

**Vice President** (term concludes 2012-05-31)

**Ellen Tobler**

6369 N. Sayre Ave. Chicago, IL 60631

vp AT ilmsa DOT com e.tobler AT comcast DOT net

**Secretary** (term concludes 2011-05-31)

**Heather Howland**

28 S Plumgrove Rd Schaumburg, IL 60193

email: secretary AT ilmsa DOT com

**Treasurer** (term concludes 2010-05-31)

**Barbara Delanois**

800 Oak St. PO Box 344 Danville, IL 61832

treasurer AT ilmsa DOT com

**Treasurer-Elect** (term concludes 2012-5-31)

**Phil Dodson**

815 Linden Ave Wilmette, IL 60091

finance AT ilmsa DOT com

**Registrar** (Appointed)

**Erik VanEtten**

302 Ironwood CC Dr Normal, IL 61761

309-824-0398

registrar AT ilmsa DOT com

**Immediate Past President** (non-voting, ex-officio)

**Nadine KM Day**

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Find out more about the ILMSA by visiting: [www.ilmsa.com](http://www.ilmsa.com)

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