



Spring 2010-2011



Favorite Workouts

Everyone that knows me as a swimmer knows I am drop-dead sprinter and like training as one. During a recent practice my team decided to focus on quality and what follows is our workout. Be warned, you need a good chunk of time and it is harder than it looks when done right!

Warm-up

2 x 200
4 x 100
8 x 50
8 x 25

Main-set

2 x 200 on 9:00 done as below
200 broken - done as 100, r: 10, 50, r: 10, 50
200 broken - done as 4 x (50 with: 10 rest)

4 x 100 on 6:00 done as below

100 straight
100 broken - done as 50 r: 10, 50
100 broken - done as 50 r: 10, 25 r: 10, 25
100 broken - done as 25 r: 10, 25 r: 10, 25 r: 10, 25

Warm-down

By: Heather Howland

Be warned, you need a good chunk of time and it is harder than it looks...



Twenty Years in the Making: I Am A Triathlete

“But I’m not a runner.” I said. “It doesn’t matter. You can walk part, run part. That’s what we did last year,” said the woman next to me as we towed off in the locker room after swim practice. I was in awe of my teammates - middle-aged women like me - who were talking about participating in an upcoming sprint triathlon. I realized that that week was the perfect time for me to become a triathlete. Competing in a triathlon had been my pipedream for twenty years - ever since I had watched an in-flight movie about the Ironman Triathlon on my way to Hawaii. The fantasy was an ocean away from the reality of my Midwestern life.

I wasn’t a swimmer, biker, or runner. At that time my only exercise was chasing after my three little boys. I loved being with my kids. Taking time away from them to train wasn’t even a consideration. I had grown up in a time and place where girls’ athletics were almost non-existent. It wasn’t a matter of get-

ting back into shape. I didn’t have a clue where to begin. When the boys got older I bought a bike and discovered that I loved the adrenalin buzz from the exercise. Biking was easy. I wasn’t fast, but I had endurance and relished biking long distances. A few years ago I went on a bike trip in the Ca-

up the mountains. Although I found it necessary to “stop to admire the view” occasionally on the uphill climbs, I had the satisfaction of completing the entire route. I was a biker - but I still didn’t swim or run. Not knowing that I wasn’t a swimmer, a friend invited me to join her at her swim team

practice a couple of years ago. I trusted her when she said that it didn’t matter that I wasn’t a swimmer - the team was for adults at all ability levels. My body ached when I got into bed after that first practice. The coaches’ instructions and the other swimmers’ encouragement convinced me



nadian Rockies with four other women. When my friend in New York told her colleagues about the trip, they told her she wouldn’t be able to do it. “How hard can it be? I’m going with four middle age women from Chicago,” she said. The rest of us repeated, “how hard can it be?” to her as we labored

to join the team. As my middle-aged body worked muscles I hadn’t known existed, I discovered the exhilaration of a tough swim workout. I was starting from nothing so all I could do was improve. The team expected everyone to compete in the state meet. I had a conflict the first year,

but I didn't have any excuse the second. Although I was one of the slowest swimmers on our team, I had endurance. I had trouble keeping track of distance and time so one of my coaches wrote my registration information on a scrap of paper for me. My biggest fear when I signed up online was that I would make a mistake and put down a time that was faster than Michael Phelps. I had never even seen a swim meet before. I was afraid I'd show up at the wrong place and miss my races, my goggles would slip off, and I'd lose track of how many laps to swim.

I met my goals - I signed up, showed up, and swam. The icing on the cake was winning four ribbons. I was a swimmer - but I still didn't run. The ladies in the locker room had given me the key to being a triathlete. I didn't have to run - I could walk. The next day I bought my first pair of running shoes and a bike rack for my car and registered for my first triathlon. It was my oldest child's 28th birthday. Four days later with "381" written on my arms and legs and a timing chip around my ankle, I jumped into the water. The 300-meter swim was shorter than my team's usual warm

up. It almost didn't seem worth getting wet for.

The 10-mile bike ride on traffic-free, smooth streets with cheering onlookers was a breeze. As I left the bike corral, I jogged. I couldn't pace myself because I didn't have any concept of my speed, time, or distance. I got past the cheering throng before I started walking.

When a seventyish man slowly jogged past me, I decided to use him to set my pace. I

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started running again. Volunteers along the route handed out water bottles as we ran by. He took one. I took one. He poured the water over his head. I poured the water over my head. He tossed his empty bottle on the ground. I held on to mine as I ran and looked for a recycling bin. I didn't know the protocol. Littering didn't seem right. Then I noticed lots of bottles on the ground and realized that volunteers would be picking them up. Runners were supposed to be concentrating on running not on recycling. I tossed my empty bottle on the ground.

The man kept running and I

couldn't keep up. My pace slowed and I started walking again. I alternated running and walking. A spectator cheered, "You are almost there!" I picked up my pace and thought, "I can do this! I'm going to run across the finish line." I rounded the next bend expecting to be steps from my destination. I wasn't, but I was close enough to the cheering crowd that I was too embarrassed to start walking again. I pushed myself and ran across

the finish line. Seconds later someone slipped a medal on a ribbon over my head. Of

the four hundred people who had entered the competition, 363 completed it. I was older than 340 of them.

I'm still not a runner, but after twenty years my pipedream is a reality. The triangular medal pinned on my bulletin board reminds me - I'm a triathlete.

by Karen Gray-Keeler



ILMSA 2011 State Championships April 7-10, 2011



The Illinois Masters State Championship meet is sanctioned by ILMSA for USMS, Sanction # 211-012S. All USMS and ILMSA swimming rules apply.

Location	Vernon Hills High School, 145 Lakeview Parkway Vernon Hills Il 60060, GoogleMaps	
Host Club	Libertyville Masters 312 Dawes St Libertyville Il 60048 847 274 3627 www.libertyvillemasters.com	Lake Forest Swim Club 555 N Sheridan Rd Lake Forest Il 60045 847 735 5372 www.swimlfsc.org
Meet Director	Laurel Liberty coachlaurel@sbcglobal.net or 847 735 5372	
Entry Chair	Laurel Liberty coachlaurel@sbcglobal.net or 847 735 5372	
Meet Referee	Elaine Gilbert	
Facility	8-lane 25 yard course with permanently affixed starting blocks at start end. The depth at the start end is 4 feet and 8 feet at the turn end. The turn end is a movable bulkhead separating competition course from warm up/down area. Fully automatic Colorado Timing system with 8 lane read out.	
Eligibility	Swimmers will be required to show proof current (2011) USMS registration to participate. Contact Erik VanEtten at registrar@ilmsa.com or 309-824-0393 if you need to register for the current year.. USMS designated age groups for short course yards apply per USMS rules. Age as of the first day of the meet shall determine age for the entire meet.	
Entry Limit	Swimmers may enter and swim up to 5 events a day, plus relays. No swimmer may compete in more than 11 individual events for the meet. Swimmers must submit an entry time; "No Time" entries are NOT allowed.	
Entry Procedures	Online entry is preferred. Team entries may be submitted via email using a HyTek file, a hard copy and a check.. The deadline for submitting online entries is Monday March 28 th 8pm Central Time. All paper entries must be post marked by Friday March 25 th . Multi-Day entry form may be found here http://www.ilmsa.com/files/meets/Multi-day_Meet_Entry.pdf . No late entries will be accepted.	
Entry Fees	\$4 per individual event plus a \$20 swimmer surcharge. Swimmers may choose to get a meet shirt for \$10 during sign up; there will be no shirts sold at the meet. Relay fees are \$10 per relay.	
Events	All events will be timed final events. Events will be offered in the following age categories: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74-75-79, 80-84, 85-89, 90-94, 95+. The 1650 will be limited to the first 120 entries received, session preferences will be on a first come first serve basis. The 500 Free and 400 IM will be limited to the first 72 entries received. Swimmers will be required to check in for the 1650 freestyle, 500 freestyle and 400 IM.	
Relay Events	Relay forms will be available at the scorer's table. A completed form along with \$10 payment must be returned to the scorer's table in order to be entered in the relay according to the following schedule.	

Saturday: Mixed 200 Medley Relay –Prior to 9AM
Men/Women 200 Free Relay- Prior to 12PM

Sunday: Mixed 200 Free Relay- Prior to 9AM
Men/Women 200 Medley Relay- Prior to 12PM



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Seeding All events 200 yards and shorter will be pre-seeded. Swimmers who enter the 400 IM, 500 Free and 1650 Free must positively declare their intent to swim for those events. Swimmers who do not check in for those events by the published deadlines will be scratched from the event. The 400 IM, 500 Free and 1650 Free will be swum mixed gender and seeded slowest to fastest by entry time. For all other events seeding is from slowest to fastest by entry time for each gender and events will alternate men then women.

Check In Swimmers may check in online or at the meet. On-site and online check in will open April 7, 2011 2:00p, check in will close according to the following schedule:

Event/Date	Opens	Closes	Session Start
1650 Freestyle Session 1 (Thursday April 7, 2011)	April 7, 2011 2pm	April 7, 2011 6:00pm	April 7, 2011 6:30pm
1650 Freestyle Session 2 (Friday April 8, 2011)	April 7, 2011 2pm	April 8, 2011, 3:30pm	April 8, 2011 4:45pm
1650 Freestyle Session 3 (Friday April 8, 2011)	April 7, 2011 2pm	April 8, 2011 6pm	April 8, 2011 No earlier than 6:45pm
500 Freestyle (Saturday April 9, 2011)	April 7, 2011 2pm	April 9, 2011 2pm	April 9, 2011 At the conclusion of event 19/20
400 IM (Sunday April 10, 2011)	April 7, 2011 2pm	April 10, 2011 7:00am	April 10, 2011 7:30am

Warm Up The competition pool will be open on April 7 from 5:45pm to 6:30pm, April 8 from 4:00p-4:45pm and again for 30 minutes no earlier than 6:45pm. April 9 the pool will be open from 7:00am- 7:50am, and April 10 7:00-7:30am. The competition pool will also be open for 30 minutes following the last heat each day for warm up and warm down. There will be continuous warm up and warm down in the diving well adjacent to the competition pool.

Warm Up Procedures Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.15.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.

Scoring Individual events: 9, 7, 6, 5, 4, 3, 2, 1
Relays: 18, 14, 12, 10, 8, 6, 4, 2

Awards *Individual:* Medals 1-3, Ribbons 4-8
Relay: Ribbons: 1-3
High Point Award: One male and female in each age group
Team Trophy: Trophies 1-8



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Thursday/Friday Events

Men Event Number	Event	Women Event Number
1	1650 Freestyle	2

Saturday Events

Men Event Number	Event	Women Event Number
3	100 Freestyle	4
5	50 Fly	6
7	200 Breaststroke	8
9	200 Mixed Medley Relay	
11	200 Individual Medley	12
13	100 Backstroke	14
15	50 Breaststroke	16
17	200 Butterfly	18
19	200 Freestyle Relay	20
21	500 Freestyle	22

Sunday Events

Men Event Number	Event	Women Event Number
23	400 Individual Medley	24
25	100 Breaststroke	26
27	50 Backstroke	28
29	200 Freestyle	30
31	200 Mixed Medley Relay	
33	100 Butterfly	34
35	50 Freestyle	36
37	200 Backstroke	38
39	100 Individual Medley	40
41	200 Medley Relay	42

State Hotel Information:

HOTEL INDIGO

450 N Milwaukee Ave
Vernon Hills, IL 60061
(847) 918-1400 ask for IL Masters State Swim Meet
Rate: \$89 + 11% tax Hot Breakfast included with room
Discounted rates available- Thurs, April 7-Sat, April 9, 2011. Reservations must be received by March 24, 2011.
Rooms are King suites with sleeper sofas. Breakfast begins at 6:00 AM
Location: 0.60 miles from the pool

DOUBLE TREE HOTEL LIBERTYVILLE-MUNDELEIN

510 East Route 83
Mundelein, IL 60060
847-949-5100 ask for IL Masters State Swim Meet
Rate: \$89 + 11% tax
Discounted rates available- Fri, April 8-Sat, April 9, 2011. Reservations must be received by March 25, 2011.
Rooms available with king or double beds. Breakfast begins at 6:00 AM at the restaurant. A Hot Buffet is available for \$14.99 or a full menu is also available. Breakfast is not included in the room rate.
Location: 2.5 miles from the pool

HOLIDAY INN EXPRESS

975 N Lakeview Parkway
Vernon Hills, IL 60061
(847)367-8031 ask for IL Masters State Swim Meet
Rate: \$85 + 11% tax
Discounted rates available- Fri, April 8-Sat, April 9, 2011. Reservations must be received by March 25, 2011.
Rooms available with king or double beds. A Hot Buffet is available beginning at 6:00 AM and is included in the room rate.
Location: 1.3 miles from the pool



ILMSA Members, it is that time again!

We are looking for nominations for both Coach of the Year and for the Service Award, now the John Sloan Service Award.

Nominations will be accepted through March 20th. Nomination forms are available on the ILMSA website at www.ilmsa.com. If you think your coach does an outstanding job please take a few minutes to submit the nomination to secretary@ilmsa.com.

Additionally, if you know of someone that consistently goes above and beyond the call of duty in serving ILMSA or it's members please take a couple of minutes to submit a nomination to secretary@ilmsa.com.

The ILMSA membership likes to recognize two of the many outstanding individuals that serve our LMSC and make it better each year. Both of these awards are valuable and honors to those that receive them. Thank you!

Odds and Ends

The writer G.K. Chesterton said, "Anything worth doing is worth doing badly."

It was these words that allowed me, two years ago, to enter my first swim meet, ever. Ever! So armed with the words of the venerable G.K., I signed up for four events after being on a swim team for a mere 90 days. People at swim meets are nice, they didn't point at the 59 year old man who was quite overweight and whose form was at best, questionable. I took dead last in every event except for the relay. When you're doing the free and your time is one and half times that of the guy doing the fly, well, let's just say that getting a second place ribbon was exciting. To some this is nothing but to a newbie, well, it's one of those nice moments. So if you're thinking you're not good enough, it's not true. If you're worried about people looking at you and being judgemental, don't. Because it's just not true. Everyone is glad you're there including your teammates. Swimming in a master's meet, if you're honest, isn't about coming in first, it's about showing up and doing your best at that time. It's fun to see your name on the board, to throw those tired bones off the platform and see what've you got left. I turned 61 the other day, 104 pound less than I was two years ago, but now I don't always come in last. And it's been worth doing.



Finally, winter will be over, trust me on this. Summer will arrive and so will outdoor swimming. In the meantime, try a meet or two, it'll be fun so check the ILSMA calendar and fill out that card.

Stuart Van Dorn - editor



Find out more about the ILSMA by visiting: www.ilmsa.com

ILMSA Board of Directors

The 2010 ILSMA 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 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

21882 N 1400 East Rd Danville, IL 61834

e-mail: nday AT usms DOT org