



LANE LINES

Woodlands Masters Swim Team

Fourth Quarter 2015

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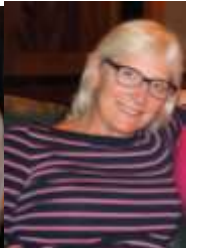
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WMST ANNUAL MEETING AND BBQ

After five weeks of NO rain, the weather man proved an accurate forecast for the weekend when WMST had planned its annual meeting and BBQ. However those members who were brave enough to drive in pouring rain enjoyed a fun evening and good food. A BIG thank you to Ted and Stacey Eicks for hosting the event, arranging for a tent to keep everyone dry, and Ted for grilling many hamburgers and sausages. The big disappointment was no swimmer braved the rain to play volleyball, even though Ted had heated the pool and set up the net.

The business portion of the evening included electing the WMST Board of Directors for 2016. The officers assuming responsibility on January 1, 2016 are: Stacey Eicks, President; Steve White, Past President; Alana Wilson, Vice President; Ann Kozak, Secretary; Joann Leilich, Treasurer; Tracy Shoemaker, Team Administrator; Ted Eicks, At Large; Francisco Goddy, At Large; Carolyn Boak, Laura Davis, Co-Coach's Representatives.

WMST also learned that long time member Anja Spijkerbosch will be returning to New Zealand with her son in late December.



Future Events

- November Classic SCM Meet, CISD Natatorium, November 7 & 8, 2015
- WMST Christmas Party, North Shore Club House - December 19, 2015 - 6:00 -9:00 PM
- WMST Relay Met, CISD Natatorium - January 30, 2016
- USMS Spring Nationals, Greensboro, NC - April 28 - May 1, 2016
- USMS Summer Nationals, Gresham, OR - August 17-21, 2016

2015 USMS Convention Reflections

By Bruce Rollins

United States Aquatic Sports (USAS, our National Governing Body that is recognized by **FINA**) held their Annual Convention in Kansas City from September 30th until October 4th, and I was able to attend as a member of the Woodlands Masters Swim Team and the Chair of the **Gulf LMSC** (Local Masters Swim Committee). It is a huge umbrella aquatic convention covering the sports of USA Swimming, Diving, Synchronized Swimming, Water Polo and importantly, US Masters Swimming.

How to allocate the spiraling cost of insurance coverage between open water events and pool events was hotly debated. **Sanctioning fee modifications** were approved for both open water and pool events in an effort to reverse the diminishing open water opportunities nationwide. Open water events have decreased from 125 events to 25 events in the past 2 years. I know this fee modification will help provide at least 2-3 more USMS sanctioned open water events in Texas in the upcoming years, maybe more. Meeting Sanctioning requirements for all events is important based on safety, fairness and organization.

We said goodbye and thank you to outgoing **President Nadine Day** who has led USMS over the past 4 years. We also bid goodbye to **Rob Butcher, our Executive Director**, who led us during a period of incredible growth over the past 8 years and who will be resigning effective at the end of this year. A search committee is in the process of identifying and interviewing prospective candidates with Rob's charisma and masters swimming perspective. And we also said goodbye to **171 USMS members who passed away this year** who were acknowledged with their names read and a moment of silence during a HOD session. Renee Protopapas and Mike Mulchy were honored from the Gulf LMSC.

The **National Championship Meets for 2017** were awarded to **Riverside California for SCY**, and **Minneapolis for LCM**. Deck seeding will continue at LCM Nationals for all events 200M or longer due to the time saving accrued in this year's meets. For the first time ever, the budget was approved with a projected deficit, but that could be significantly reduced by continued growth in membership, investments and open water events. The budget is currently \$3.7M for 2016.

But the bottom line for me is that the real work and ownership for the success of USMS is managed by volunteers in each of the 52 LMSCs, with the Gulf LMSC being one of the largest and most successfully run. The Gulf LMSC's influence in the USMS is reflected by leadership positions held by Past President **Tom Boak**, his wife **Carolyn Boak** who is a member of the Legislation Committee, **Kris Wingenroth** who is a member of the Rules Committee, and **Herb Schwab** in the Officials Committee. We are also lucky to have the institutional history and commitment of long time Top 10 Recorder **Emmett Hines**, Registrar **Scott Campbell**, and Treasurer **Mark Hahn**. **Ross Davis** joined us in Kansas City and will assist us with direct communications with our coaches, who everyone knows are the driving force of our teams and their swimmer's successes. Things run smoothly for you because these volunteers are doing their jobs well. We look forward to another successful year in the Gulf LMSC and welcome any suggestions you may have to make WMST and the Gulf even better.



**U.S. MASTERS
SWIMMING**



COACH'S CORNER

By Phil Sundahl

Coach Phil was an Olympic Trials qualifier in the 200 M Backstroke. He attended the University of Cincinnati and is currently Aquatics Director at Villa Sports in The Woodlands. Coach Phil offers the following Backstroke Drills he likes to use.

One Arm Drills

I would recommend concentrating on each arm individually for starters. For example, swim 25 yards with one arm and then a 25 with the other arm. The arm not in use stays close to the body, hand down by the hip. Not only does this allow you to focus on one part of the stroke, but it also allows you to focus on rolling correctly.

Alternating Arms

Once you are comfortable doing one arm at a time, start alternating. I would recommend three strokes with the right arm followed by three strokes with the left, and then 3 whole strokes. Make sure you're focused on the motion of your arm and the rolling of your shoulders.

Double Arm Drill

The next progression is to move both arms simultaneously. The double-arm drill prevents you from overreaching. If you do so during this drill, your arms will overlap. Since your arms are doing the same thing at the same time a good flutter kick is crucial to keep you afloat. If you do not have a good flutter kick fins maybe added to help with stability.



January

1 Rodney LeJeune
Christopher Miller
Richard Quickfall
Paul Simmons
Amanda Van Dijk
Tim Welsh
3 Maria Andres
6 Charlie Schuber
7 Dave Smalley
8 Andrea Morton
10 Ted Eicks
12 Christy Castillo
John Clark
13 Sara Bany
Amy Nordmann
14 Bailey Fellows
15 Joann Leilich
18 Jon Rhodes
23 Cindy Ponton
24 Janis Gebhart
26 Nick Seagraves
27 Leonard Gerlowski

February

4 Isabelle Bonis
Jose Hernandez
5 Zane Corbin
John Hardin
Lisa White
7 Michael Young
8 Scott Campbell
9 Patricia Witten
10 Daniela Aracema
11 Sarah Lundberg
12 Bud Cave
Ken Furukawa
Louise Longbottom
Tracy Shoemaker
15 Bill Bass
Walid Ben Ismail
17 Robert David King
25 Lindsay Germano

March

4 Lisa Colvin
Quinn Walkley
8 Daniel Meyer
14 Jane Gerlowski
16 Gerald Jaax
17 Lillian Boswell
22 Lourdes Flanagan
24 Susan Wellborn
25 Katie Huff
Sabine Weiser
28 Heather Henley
29 Tommy Rice
31 Brian Perry

Dragon Boat 2015

By Alana Wilson

After two years of an upsetting 2nd place finish, WMST finally regained their glory and cinched the win for the 2015 YMCA Dragon Boat Races! It was a great turn out this year with many WMST members and friends of members as well!

The first event was Human Foosball which involved four quarters and five players per quarter. Just like the standard miniature version popular at arcades, players found themselves in a life-size inflatable version and had their hands strapped onto a large metal pole and feet/head/elbows were your only way to move the ball. After an intense back and forth of scoring between the opposing team and WMST, we succumbed in the final quarter and lost our first event. Scorers for WMST included Tim Vibrock and Heidi Hall.

Human Foosball was followed immediately by Sumo Soccer, which is always a favorite, composing of four quarters with five players per quarter. Imagine holding a giant and oversized inner tube around you and running around a soccer field trying to kick a ball at your feet that you cannot see...because of the giant inner tube...and that will give you a good idea of what Sumo Soccer looks like. The four quarters ended in a tie with the opposing team and required a shoot-out, in which WMST was victorious! Two goals came from outstanding performer Walid Ben Ismail.

Finally time for our first boat, with both experienced and new rowers on the boat. The Dragon Boat consists of 18 rowers, one flag catcher, and one drummer. The key to the Dragon Boat is rhythm and following the lead of the first two rowers. The drummer helps to keep time (but mostly is just there for ceremonial purposes and to look good...your fearless, and pregnant, captain Alana Wilson took that role), while the official time of the Dragon Boat stops once the flag catcher (performed masterfully by Kim Baty) hoists herself on the top of the dragon head and grabs the flag pole at the end of the 500 meter course. Our first heat in the Dragon Boat was won easily with a time of 2:05, and was more than seven seconds ahead of the next team.

Next up was an all-time old-school favorite that brought everyone back to their gym class days – Dodgeball! Best out of three games with 10 players per game. New rules imposed by the YMCA involved an added level of difficulty whereby you could win not only by knocking out everyone on the opposing team, but also by knocking down small orange cones at the back of the opposing teams line. WMST won the first game, while the opposing team won the second game, causing a tie-breaking third game to take place. Ryan Toman showed off his skills as the last man standing and managed to knock down all of the cones on the opposing team!

WMST headed back to the boat after dodgeball for another round and the chance to advance into the finals. With the weather conditions deteriorating (wind and rain), we managed to win our heat once again in a time of 2:08, allowing us to advance to the finals as the fastest seeded team and so far undefeated.

The YMCA brought the popular TV Game Show “Minute to Win It” to the Woodlands. First up was Joey who had to hold a long piece of dry spaghetti noodle in his mouth and retrieve dry penne pasta noodles onto the spaghetti noodle, which was successfully done in less than one minute and with great skill! This was followed by two sets of charades, the first of which brothers Austin and Sean Wilson joined forces and had to mime different jobs, which they did as if they’d grown up playing charades together their whole lives! The next set of charades involved showing off dance moves, and Tara Daley and Danielle Bradford joined forces and lit up the dance floor with their fast feet! Tim Vibrock had to shoot down several ping pong balls perched atop a golf tee with a straw and a cue tip, again successfully completed in less than one minute! The final two events were a team effort and involved lining up covers of People’s Magazines “Sexiest Man” in chronological order...we were not successful in our attempt at this, but it could have been because the ladies were distracted by the eye candy on the covers! The final event involved lining up popular toys in chronological order, again we came close but had two toys swapped in the order and failed that challenge

as well. Despite those final two challenges, WMST ended up with the highest score of the day out of all teams for Minute to Win It. This was a team first at this event as usually we struggle a bit more!

The Wet & Wild Obstacle course Relay was our final event before the last boat. It involved the whole team split into different sections of the relay. The first part involved filling up a bucket of water with a sponge and running a slalom course back and forth while holding the bucket of water overhead and not spilling any! Despite swimmers generally not being known for our gracefulness on land, we did surprisingly well at this portion of the course, which I attribute mostly to the fact that water was involved! The second part of the course involved tossing nerf water balls in to a small baby pool approximately 10 meters away and was completed quickly. Next up was using water guns to knock several whiffle balls atop of poles...which was where we ran into some trouble! The key to this portion of the relay was working together as a group, which we didn't really have a problem doing, it was just that after 3 days of the YMCA Dragon Boat event, the water guns were in less than great shape and it was difficult to get enough force out of them to combine the water flow to knock down the balls! After finally completing this section, the last group of WMST swimmers had to kick soccer balls into a small baby pool, and thus ended the relay.

Finally, the finals of the Dragon Boat were up next. We were lucky enough to have the same sterns man for all three of our races and we developed a good rapport with him. He told us that we were given the toughest lanes for this final heat and that in order to win the boat, we had to beat all of the other teams on the first lap by at least five seconds in order to win coming home. We got the short straw and ended up in the longest lane coming home. It goes without saying that all of our competitive nature kicked in at that moment and we rose to the challenge, easily beating the other three teams on the first lap. As we lined up for the last lap, in the longest lane with the wind and rain in our faces, we all dug deep for the final lap and came out victorious with our fastest time yet of 2:02 to win the final Dragon Boat, which cinched the win for the whole event! Not only did we win the ridiculously large stuffed dragon for winning the entire event, but we also got a smaller dragon as a prize for being "Star Performers"!

Many thanks to our cheerleaders who showed up to support us, and as Captain, I would like to thank the entire 2015 Dragon Boat Team for toughing out a long and fun day in the rain: Anne Blount, Emily Blount, Tara Daley, Janis Gebhart, Stacey Eicks, Tracey Shoemaker, Lindsay Shoemaker, Heidi Hall, Danielle Bradford, Meredith Cox, Patti Bates, Kim Baty, Jacob Wilson, Austin Wilson, Sean Wilson, Jing Yang, Bill Blount, Ryan Toman, Scot Marshall, Ted Eicks, Walid Ben Ismail, Mick Long, Ryan Holloway, Tim Vibrock, Steve White, Joey, David Williams, and Michael Collins.





Human Foosball



Sumo Soccer



Tim shutting golf balls off golf tee with a straw and cue tip.



Joey retrieving dry penne pasta onto a spaghetti noodle



Alana with dragon presented to WMST as "Star Performers"



Dodge Ball



Charades by Austin & Sean



Paddling to a winning time of 2:05



The crew is all smiles before the race