

Walnut Creek Masters
United States Masters Swimming
2007
“TEAM OF THE YEAR”



NEWSPLASH

#1, 3/2008

PACIFIC MASTERS SHORT COURSE SWIMMING CHAMPIONSHIPS, 2008

Walnut Creek Masters has again joined with Tri Valley Masters to host this year's championships at the Dolores Bengston Aquatic Center, Pleasanton, on Friday, Saturday and Sunday, April 11, 12 and 13. We again ask for all Creekers to involve themselves in this effort to help make it a success. First, we ask you to swim because we want to win. Your scoring, even of a point or two, could make a difference in the standings. Perhaps try swimming an extra race that you just *might* score eighth in. We were defeated last year and would like to make a comeback. Along with swimming, we need help with the conduct of the meet. If you are participating in a relay, perhaps you could sign up for coming early or staying later to help. We need timers. If you have not done this before, we'll show you how. We need runners: running time sheets to the recorders as well as messages to other officials. We need general support, every-thing from serving water and other items to the timers to cheering our Creekers on. Please join us.

The revenue we gain from hosting meets enables us to defray the costs of electronic timing, professional recording, fast publication of the results of each race, an award program, and a myriad of other items. Any excess money goes to help us keep our annual dues reasonable. One source of revenue is the sponsorship of Lanes and Events, and taking out ads in the Program. This year, we will offer a special opportunity with full-page color ads. The prices for these can be found in the box on this page. Deadline: 3/26/08.

Our preparations are going ahead smoothly and with great hopes. Workouts are going well and regularly, with Coach Kerry slowly bringing us to where we will do our best. ■

EMAIL NEWSLETTER DISTRIBUTION IS COMING!

This newsletter is being emailed and mailed via the postal service to all members. In order to save the team money and help save the environment, the primary distribution for future issues will be email. If you do not have an email address you will continue to receive a hard copy by mail. If for some reason you have an email address but did not receive this issue you may need to have Bosco update your email address. Let him know at hboscovi@pacbell.net.

PRICE LIST FOR MEET SPONSORSHIPS

Lane Sponsorship: \$250 for all three days
Event Sponsorship: \$25 per event

Program Ads:

Quarter Page	-----	\$100
Half Page	-----	\$175
Full Page	-----	\$300
Full Page Color	-----	\$500
Business Card Size	-----	\$40

Deadline for all Sponsorships and Ads, including art work, is March 26, 2008.

COACH'S CORNER

It happened again the other night, reminiscent of nights in the past. The cold sweats. The panic breathing. Increased heart rate. I was sure it would pass like the others, but also surrendered to the fact that there would be no more sleep this night. Still, I followed the script suggested to me. Get up and eat something. Do some push-ups and sit-ups. From the file cabinet, pick out a random instruction guide and warranty disclaimer for a kitchen appliance and try to read the "Español". If that didn't work- call my sponsor. Again!

How could such a seemingly small thing create such havoc?! I've replayed it in my mind a thousand times. What could have been different? I periodically see the number in print, or on a jersey, on a billboard. Though not quite finished, and not very good, I have written a ballad about it, another creative way my sponsor said I could try to deal with my anxiety.

23 points.

Out of over 6,000 points scored by the top two teams, a difference of **23**. How could we have squeezed the turnip for another **23 points**? Sure we were out numbered. Nothing new there. Faces of those who might have been able to make a difference surface now and again like familiar words to a song as the first few bars leave the radio. That's like ten more 8th places of three more 4th places. (Breathe deep, Kerry. Cleansing breath. In through the nose and out through the mouth, you'll be fine.).

The Pacific Masters Short Course Championships we co-host with TriValley Masters is April 11-13. This is the largest Masters meet in the country that is not a National Championship. And it is for everyone and all abilities. Our goal is always to provide enough manpower to run a successful meet and compete for the top team. To do so, we need a least 100 people to enter the meet as competitors and help with volunteer jobs. You are not obligated for the entire weekend. There is plenty of work and swimming and relays that can be done in a day

or two to help make your contributions to both efforts meaningful. Come be a part of our teams' largest combined effort of the season. You would be amazed at just where **23 points** can come from.

Coach Kerry

Getting to know your coaches

We thought it would be nice in this newsletter to give everyone an opportunity to find out a little more about our coaches. We asked them each to tell us a little about themselves. Here are the responses:

Where do you live?

Kerry: Walnut Creek; **Mike:** Pleasant Hill; **Debbie:** Concord; **Steve:** Walnut Creek.

How old were you when you first learned to swim? How old were you when you started swimming competitively?

Kerry: I learned to swim at about age six, got on my first summer team at 12. **Mike:** I learned to swim at 4 and swam my first race at 4. **Debbie:** I was four when I first learned to swim and 5 when I started competing. I started off as a summer league swimmer, moved on to USS swimming and finished up swimming at the University of Arizona. **Steve:** I was six when I learned to swim and began to swim competitively shortly thereafter.

Besides Walnut Creek Masters what other teams have you coached?

Kerry: Southgate Aquatic Club, San Ramon Country Club, Miramonte Swim Team, Northgate High School, Moraga Valley Swim Team, Walnut Creek Aquabears, Contra Costa Christian High School. **Mike:** I have also coached Walnut Creek Aquabears, Ygnacio Valley HS, College Park HS, Carondelet HS, Northgate HS and the Pleasant Hill Dolphins rec. club. **Debbie:** I coached a summer league team, a USS team, San Marin H.S. men's and women's swimming, San Marin H.S. Men's and Women's Water Polo and a summer Synchronized Swim team. **Steve:** Walnut Creek Masters is the only swim team I

have ever coached. I'm not sure what that means.....

What is your best coaching memory/experience?

Kerry: Memory-wise, there are so many! The memories of our accomplishments are great, but are so overshadowed by my memories of our members past and present. Experience-wise, I'm still living it! To be able to do what I do with the people I get to do it with and for as long as I have been doing it, it is the "experience of a lifetime for a lifetime!"

Mike: My favorite experience in coaching is whenever I see a swimmer do something they thought was impossible. **Debbie:** The best part of coaching at any level is to see a swimmer that you have worked with work hard, train well, and achieve their personal goal – that could be from making an Olympic Trials cut, to competing for the first time or just learning a new stroke. Of course, my BEST swimming memory was meeting my husband at our first Master's Nationals in Cupertino, in 1996!

Steve: My favorite coaching memories have been sharing workouts and meet time with Kerry, Penny, Susan, Mike, and Debbie. I've been fortunate to coach with all five. Each has contributed to making the time enjoyable and refining my knowledge about the craft of swimming. Nothing wrong with a good belly laugh early in the morning when normal people are sleeping or during a 1650 late some Friday afternoon.

Besides swimming what is your favorite hobby?

Kerry: Art: drawing, printmaking. **Mike:** My hobbies include spending time with my children, reading and gardening. **Debbie:** I love spending time with my kids and husband, and I enjoy reading. I love playing golf, although I do not get to play nearly enough! **Steve:** Aside from swimming my favorite hobbies include playing tennis and golf. I'm waiting for the country club triathlon circuit to take off. Above all is how much I love to go to my kids' swim meets. Swim, family, summer, community. The best!

What is the best thing about coaching Walnut Creek Masters?

Kerry: Absolutely the people! From our coaching staff to the 130+ people a day of our 400 that I have a chance to interact with.

Mike: Best thing about coaching WCM is being in a healthy environment with people striving to improve. **Debbie:** The best thing about coaching is definitely the people on the team. The group as a whole is just great – so friendly and energetic. I just feel better when I am around them – plus I really enjoy coaching with Kerry, Mike and Steve. **Steve:** The best thing about coaching WCM is being able to combine my love for the sport with the adults that make up a truly special organization. For almost 20 years I have been a member of WCM. Coaching may not have started out this way, but has become the best way I know to give back to an organization that has given so much to me.

DUES ARE PAST DUE!

We are fortunate at Walnut Creek Masters to have perhaps the best coaching in US Masters Swimming. We depend on team dues to give our coaches the compensation they deserve. If you have not already done so, please pay your annual dues. A WCM application form can be obtained on the team website or from a coach.

SAVE THIS DATE

We are tentatively planning our team outing to an Oakland As game on Sunday, June 22. The game will start at 1:00. To support our aquatics program the As have chosen to play the Florida *Marlins*.

Tri Valley Masters and the Walnut Creek Masters 2008 Pacific Masters Short Course Championships

Friday, Saturday, & Sunday, April 11, 12, & 13, 2008
Sanctioned by Pacific Master Swimming Inc. for USMS Inc., Sanction # 38-08-11

Pool: Dolores Bengston Aquatic Center. 25 yd x 50 meter outdoor heated pool. Sixteen lanes are available for competition. 25 yd x 25 meter outdoor, heated pool with eight lanes available for warm-up and warm-down. Locker rooms and additional restrooms are available.

Location: 4455 Black Ave, Pleasanton, CA 94566. Carpooling is strongly recommended, particularly on Friday. Parking is available in the pool parking lot. Limited parking is available on adjacent streets. NO OVERNIGHT OR RV PARKING PERMITTED. Additional parking space is available Saturday and Sunday in the Alisal Elementary parking lot located on Black Ave. Please note signs and avoid parking in restricted areas.

Directions: From I-580, exit at Santa Rita. Head south about 2 miles to Black Ave. Turn right on Black Ave. Pool is located on the right.

From I-680 take Bernal exit. Go east about 1 mile, turn left at Main Street. Drive through downtown Pleasanton. Main Street becomes Santa Rita road. Turn left on Black Ave., pool is on the right.

Time: Check-in and warm-up at 7:00 a.m. Meet starts at 8:30 a.m. with the women's heats on both courses. Note that on Friday the men's 1650 will start after the conclusion of the women's heats.

PLEASE NOTE: You must check-in each day and have checked in 45 minutes prior to the estimated start of your event or you will be scratched! The check-in deadline for the first event each day is 30 minutes before the scheduled start of the meet. Sunday's events can proceed quickly, be prepared to check in by start of meet for first 4 events.

Relays: Deck entered on yellow relay cards. Fees for RELAYS are \$4.00 per relay. Swimmers may swim only once in each relay event. Cards must show correct first and last names and correct age for each swimmer. Team relay tabs are acceptable with a blank check payable to Walnut Creek Masters.

Seeding: Individual events will be deck seeded from slowest to fastest. We intend to swim all events one-to-a-lane. However, if overwhelmed with entries, we will swim two-to-a-lane for the 500, 1000, and 1650 Freestyle. If you wish to swim one-to-a-lane, write "one per lane" on the check-in sheet at the meet. All one-per-lane heats will swim after the two-to-a-lane heats. The last heat of the 1000 and 1650 will be swum in the first

available course where all other heats have been completed

TWO OPTIONS FOR MEET ENTRY:
Option 1 – Online Meet Entry: (deadline: midnight, Wednesday, April 2). Enter at: <http://wcm.mastersswim.com> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Swim Connection and requires a credit card for payment. The processing fee is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Entering online is a convenience; it is in no way required or expected of a swimmer.

Option 2 – Traditional Mailed: (Entries must be postmarked by Monday, March 24 and/or received by Thursday, March 27) Entries must be on a Consolidated Entry Form. Mail your form with a copy of your 2008 USMS Card, and check payable to Walnut Creek Masters to Walnut Creek Masters, C/O Debbie Santos, 1244 Oak Knoll Dr, Concord, CA 94521. (925-521-0522) or hand delivered to Heather Farms Pool, c/o Kerry O'Brien. If you would like to confirm entry, please include a stamped envelope or post card.

Note: This is a cardless meet. **No late or deck entries will be accepted. No refunds will be made.** No fax entries will be accepted. **Incomplete entries cannot be processed and will be returned.** Because this is a championship meet, NT (no time) entries are not allowed.

Fees: \$15 for one event, \$30 for 2-4 events, and \$35 for 5-7 events.

Deadline: Mailed entries must be postmarked by Monday, March 24 and/or received by Thursday, March 27.

Online entries must be submitted by Wednesday, April 2, midnight.

Meet Directors are forbidden to accept late or incomplete entries!

Snack Bar: Available throughout the meet.

Scoring: Individual events: 9-7-6-5-4-3-2-1 (eight places). Relays: 18-14-12-10-8-6-4-2 for each age group. *NOTE* Only two relay teams per club may score per age group of a relay.

Awards: Ribbons will be presented to first through eighth place finishers. High point awards for each sex and age group. Team

trophies will be awarded to the top teams in each PMS team size division.

Program: Available for \$5.00

Timing: The Hosts will provide one timer per lane throughout the meet. Additional timers for all three days will be requested from those present. Teams with a large number of swimmers may be assigned a lane for the entire meet. Two-to-a-lane events will be hand timed.

Accommodations:

Partial information below. Full hotel information on the Tri Valley Website.

Courtyard by Marriott

Approx. 3 miles from pool
Reservations: 925-463-1414

Residence Inn - By Marriott Pleasanton

Approx. 6 miles from pool
Reservations: 1-800-331-3131

Four Points by Sheraton

Approx. 3 miles from pool
Reservations: 925-460-8800

Head Referee: Millie Nygren

Meet Directors: Peter Guadagni 925-932-9958, Bob Snodgrass 925-833-6609

Schedule of Events:

(Odd = Women, Even = Men):

FRIDAY, APRIL 11

1-2 1650 freestyle
3-4 800 freestyle relay
5-6 400 I.M.
7-8 200 freestyle

SATURDAY, APRIL 12

9-10 500 freestyle
11-12 50 backstroke
13-14 200 breaststroke
15-16 100 butterfly
17 200 mixed medley relay
19-20 100 IM
21-22 200 backstroke
23-24 50 fly
25 400 mixed freestyle relay

SUNDAY, APRIL 13

27-28 100 freestyle
29-30 50 breaststroke
31-32 200 butterfly
33-34 100 backstroke
35-36 200 freestyle relay
37-38 200 IM
39-40 50 freestyle
41-42 100 breaststroke
43-44 400 medley relay
45-46 1000 freestyle