

Ondrej Bures Remembered

We still hear him, and perhaps we always will, every time we dive into the pool and swim that first lap. His voice is now a permanent melody in our hearts.

Ondrej Bures, 31, a former NCAA Division II and Masters distance champion, was killed in a tragic accident in Los Angeles on Tuesday, June 22. Bures was working as a coach for the Southern California Aquatics Masters team (SCAQ). He was run over by a pickup truck at the intersection of Santa Monica and Sepulveda Boulevard as he was walking to early morning practice. He died instantly.

Clay Evans, SCAQ's head coach, commented: "This is a terrible tragedy. There's just no way to understand events like these."

Ondrej was a SCAQ coach for only three years. He was such a dominating presence - not with forcefulness but with his kindness and genuineness. Having a person with Ondrej's qualities as part of one's daily life, is a rare, treasured thing. Even for such a tragically truncated moment of time, those who knew him were better people for having known him.

Ondrej was born in Prague in the Czech Republic where his parents, Zdemek and Alena, and sister Jitka still reside. He swam on the Czech National Team and represented his country in the 200m fly and 400m IM at the 1988 Olympics in Seoul. In 1987 he placed 6th in the European Championships and swam in the World Championships several times. He then moved to the United States and enrolled at Cal State University, Bakersfield and was a member of the CSUB swim team from 1990-93, earning All-American honors all four years and leading the Road-runners to half of their eight-straight NCAA team titles. As a junior in 1992, he was named NCAA Division II Swimmer of the Year after winning individual titles in the 1,650 yard freestyle, 200 butterfly, and 400 individual medley. In all, he won 10 individual NCAA championships and set several NCAA records, two of which still stand. Ondrej held more individual event records than any swimmer in CSUB history. Derek Robinson, a former teammate and longtime friend put it simply: "I think that when he came in, he performed at such a high level that he raised the team's expectations." The same thing can be said for his coaching days with SCAQ. He raised the bar for everyone.

Ondrej not only brought to the team his good-natured, positive spirit. As an extra bonus, he brought Nicole, his equally good-natured wife of 2-years and a treasured member of the SCAQ family. Ondrej met Nicole at a Masters meet in Arizona and fell "head over heels in love with her" (his words to friend and fellow SCAQ coach, Will Douglass). They were married in the summer of '97 and were, by everyone's perception, the perfect couple. Three weeks before his tragic death, Ondrej and Nicole had closed on their first home. There are no words to express the tragedy that Nicole has suffered and we all share. The people of SCAQ and all who knew Ondrej are devastated by this loss. May the happy memories of Ondrej Bures bring comfort during this time of profound grief. Now is the time to cherish the precious moments spent together.





Masters Coaching Opportunities

If you have a job listing or coaching appointment to announce, please send it to the MACA News! Here are our most recent listings:

PROMOTION

Brian Stack
MACA President
680 33rd Street
Richmond, CA 94804

stackb@aol.com

phone: 510-235-6842

PROFESSIONALISM

Don Mehl
MACA Membership
600 Willow Glen Dr.
El Paso, TX 79922-2209

DonMehl@aol.com

phone: 915-581-5626

Steve Schofield
MACA Treasurer
7914 Sadring
West Hills, CA 91304

SpmaSteve@aol.com

phone: (818) 992-1820

EDUCATION

Bill Volckening
MACA News Editor
370 NW Island Circle #B5
Beaverton, Oregon 97006

MACAnews@aol.com

phone/fax: (503) 533-5567

COMMUNICATION

Clay Evans
MACA News Production
520 Broadway, Suite 320A
Santa Monica, CA 90401

swimscaq@earthlink.net

phone: (310) 451-6666

Rinconada Masters in Palo Alto, California is looking for a part time assistant coach. Rinconada Masters has 100-150 registered swimmers each year, and seeks an individual with a flexible daily schedule who could coach mornings, midday and/or evening workouts, plus be available for some meets. Interested candidates should call coach Carol MacPherson at (650) 493-2930.

Maui Masters Swim Club is looking for an experienced, fun and enthusiastic, certified swim coach. We have workouts 6 days a week at two pool locations on Maui. We are looking for a coach for our Monday through Friday evening workouts and Saturday morning workout from 7:30 to 9:00 a.m. This is a part-time position consisting of 12 coaching hours, plus 2 hours each week for prep time. This is a great avenue for someone looking to relocate to our beautiful island paradise!

If you are interested, or would like more information, please contact DJ Fabozzi at: fabozzi@mhpcc.edu A.S.A.P. Resumes can be sent to:

Maui Masters Swim Club (MMSC)

Atten: DJ Fabozzi

P.O. Box 696

Puunene, HI 96784

See our Maui Masters website at: <http://www.maui.net/~mauiswim/>

The CyFair CyClones, a Masters team located in NW Houston, has a need for a coach beginning A.S.A.P. If there is interest, this position may also be combined with coaching an entry level USA Swimming youth group that is a satellite program within the Cy-Fair Swim Club (FLEET). For more information, please contact the FLEET Head Coach, Clayton Cagle, at 281/376-2372. Also check out the CyClones club profile on the web at <http://www.GulfMastersSwimming.org/clubs.html#Cy-Fair2>.

Atkinson Pool in Sudbury Ma. is seeking a coach three weekday mornings 6-7am. Atkinson Pool Masters Program has been established for three years and continues to grow. Group consists of tri-athletes, collegiate swimmers and newcomers to the world of competitive swimming. Position starts A.S.A.P. If interested call (978) 443-5658 or fax resume to (978) 443-9001.

Hired

Three clubs have reported recently hiring new Masters coaches: **Kris Dees** was recently hired by the **Kansas City Blazers** Masters Swim Team; **Isla Wallace** was recently hired by **West Coast Aquatics** in San Jose, CA; and **Megan Beth Hall** was recently hired by the **JCC of Northern Virginia**. The MACA News wishes each of you good luck in your new situation!

Green Team, part 3

The USMS On-Deck Coaching Program was recently featured in SWIM Magazine. The article, written by Susan Ludwig and entitled "On-Deck Coaches: Just What Are They Doing There?" appears on Page 37 of the July/August, 1999 edition of SWIM. The article includes a picture with several of the coaches who volunteered for On-Deck Coaching at the USMS Short Course Nationals in Santa Clara.

Green Team, part 4

Are you attending Convention in San Diego?? If so, it's time to sign-up for On-Deck Coaching at Convention. We're looking forward to a fun time with some of the most dedicated Masters Swimmers and Volunteers all in one pool. If you would like to participate in On-Deck Coaching at Convention, please contact:

Bill Volckening
370 NW Island Circle #B5
Beaverton, OR 97006

e-mail: BillVolckening@usms.org

Additional information about the USMS On-Deck Coaching Program is available from the USMS Web Site, in the "Coaching" section under "On-Deck Coaching".

CCQ News

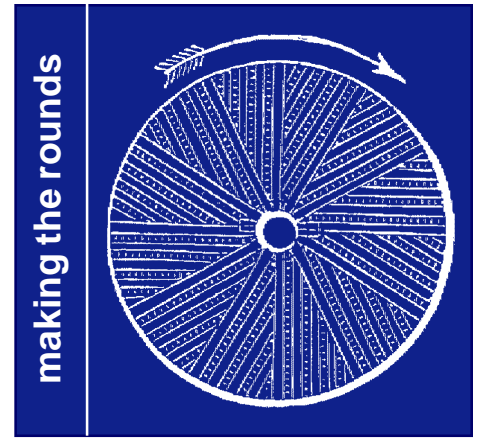
Excerpts from the Coaches Committee Quarterly (CCQ) were recently featured in the ASCA Newsletter. CCQ is a quarterly publication of the USMS Coaches Committee. The publication features news and swimming questions answered by Masters coaches from around the United States. If you have news for the next CCQ, or if you would like to participate in the "Q & A", please contact:

Scott Rabalais
3537 Christina Avenue
Baton Rouge, LA 70820

or e-mail: scottrabalais@usms.org

Correction

In the last MACA News, we incorrectly stated that Dr. Jim Miller was the first USMS Coach of the Year recipient to be awarded the Ransom Arthur Award. We have since learned that William Tingley, who won the Ransom Arthur Award in 1998, was also a USMS Coach of the year recipient in 1989. Our sincere apologies, Coach Tingley, and our greatest appreciation for starting what will hopefully be a tradition of excellence in contributions from USMS coaches.



MACA NEWS Submission Deadlines

Oct./Nov. 1999	-	submit by Sept. 20, 1999
December 1999	-	submit by Nov. 20, 1999
Jan./Feb. 2000	-	submit by Dec. 20, 1999
March/April 2000	-	submit by Feb. 20, 2000
May/June 2000	-	submit by Apr. 20, 2000
July/Aug. 2000	-	submit by June 20, 2000
Sept./Oct. 2000	-	submit by Aug. 20, 2000
Nov./Dec. 2000	-	submit by Oct. 20, 2000

MACA School at ASCA Clinic

The 1999 ASCA World Clinic is scheduled for September 7-12 in San Diego, California, the week preceding the USAS Convention. There will be a MACA Coaching School at the ASCA World Clinic, covering several aspects of Masters coaching, including club administration and training. For details and registration information, please contact:

Brian Stack
680 33rd Street
Richmond, CA 94804

e-mail: stackb@aol.com

MACA / USAS Convention

There will be a meeting of MACA Officers and members at the USAS Convention in San Diego. During this meeting, the slate of candidates for MACA Officers will be discussed and voted upon. If you would like additional details, please contact MACA President Brian Stack (information above).

Good News!

The United States Aquatic Sports is going to allow USMS to present its Coach of the Year award at the USAS banquet, beginning this year. This will be far greater recognition to its winner and to Masters coaching in general as the award is presented in front of hundreds of aquatic enthusiasts from the five aquatic disciplines.

"making the rounds"

"making the rounds" features news and announcements. We are always looking for new material, so if you have announcements, news or pictures, please send them to:

MACA NEWS
Bill Volckening, Editor
370 NW Island Circle #B5
Beaverton, Oregon 97006

If possible, we appreciate e-mail documents and/or files saved to diskette. Please check with us about file types before sending.

...and the Nominees are...

MACA is fortunate to have two highly qualified leaders as candidates for Office in the upcoming MACA Election. Since both of our candidates are running uncontested, the vote will be taken during the 1999 USAS Convention in San Diego. If you would like to participate in the vote but are not able to attend the Convention meeting, please send your votes to the MACA News Office. Special thanks to Nancy Miller for presiding over the MACA nominating committee.

For MACA President

Ed Nessel has been an active leader locally in the New Jersey LMSC and nationally in USMS for many years. His consistent track record of leadership and contribution would certainly make him a valuable asset to any organization. Ed is an ASCA Level 5 Masters Coach and was recognized as USMS Coach of the Year in 1998. He is currently serving USMS as the National Librarian and as a member of the USMS Sports Medicine Committee and Coaches Committee. Since first becoming involved with Masters swimming, Ed has devoted much of his time to the advancement of the sport of swimming. His numerous contributions include: serving as President of the Jersey Masters Swim Team; USMS Convention Delegate; volunteer for the USMS On-Deck Coaching; volunteer for the Special Olympics; and dozens of written articles in newsletters and national publications, such as SWIM Magazine and ASCA American Swimming.

Ed is familiar with team success. In 1997, he served as the United States Head Coach for the World Maccabi Games, and was voted Coach of the Meet. He has led his YMCA club to Team Championships in the last three YMCA Masters Nationals, including the YMCA Small Team Combined Championship in 1997 and 1999.

Ed is also familiar with individual success as a participant in Masters swimming events. For many years, Ed has been a USMS National Top Ten Swimmer every year since 1986 and nine times a YMCA National Champion. His participation in Masters swimming events has helped him develop a great understanding of his role as a coach and leader.



For MACA Vice-President



Dan Frost has developed strong leadership qualities in the U.S. Navy, and has accumulated Masters leadership experience with the Pacific Northwest Association (PNA). Dan first got involved with swimming as Head Manager of the U.S. Naval Academy Men's Swimming team. He has been a member of MACA since 1996. Dan is a creative thinker who is energetic, open and resourceful, which makes him an ideal candidate for a supporting role in the MACA leadership structure.

During the past few years, he has balanced his military duties with his love of Masters Swimming. Frost has served as Newsletter Editor and Webmaster for the Pacific Northwest Association, twice as Meet Director of the Northwest Zone Short Course Meters Championship, twice as a USMS convention delegate serving on the Fitness and Computer On-Line Committees and several times as a volunteer for the USMS On-Deck Coaching Program. In addition to creating PNA's web page, he created the first website for a USMS National Championship meet (1997 SC Nationals). Recently, one of his more incredible feats has been serving as Editor of the PNA Newsletter, "The WetSet", from a tent in Saudi Arabia.

"Frosty" is also familiar with individual Masters swimming success. He has made the USMS National Top Ten 12 times and participated in several USMS Nationals, including the highly competitive 1999 USMS Short Course Nationals in Santa Clara. He is currently continuing his education at the U.S. Naval Postgraduate School studying Operations Research.

HIGH ALTITUDE TRAINING CAMP A COACH'S PERSPECTIVE

by James W. Miller, M.D.

As you may have read before in SWIM Magazine, United States Masters Swimming (USMS) conducted its first joint effort with USA Swimming in the production of a high altitude training camp at Colorado Springs, February 4th through 7th, 1999. Groundbreaking for the first introduction of Masters to the USOTC occurred two years prior through the efforts of Judy Bonning. The more recent venture was

videotaping of one in that medium, complete with digital analysis of force curves. VO2 max testing in the flume, range of motion testing for flexibility training specific to the athlete and videotaping of a 200 meter long course IM for stroke analysis were also conducted on each athlete. That evening, sports psychology profile testing occurred in a two hour session.



enhanced dramatically by the active involvement of USA Swimming in assistance with both pool and classroom productions. The coaches at the camp, in this case Michael Collins, Scott Rabalais, and myself, as well as the coordinators of the camp, Leslie Cooper and Nancy Ridout, were critical to the success of the camp because so much information and testing were crammed into the three and a half days.

Athletes were met at registration to gather their camp apparel as well as their medical survey. They then went immediately to testing which filled up the entirety of the first day. Testing was conducted in the flume of all strokes with

The second day of activity began with fasting blood analysis and peak flow analysis performed on every athlete at 6 AM, followed by a coached workout. The lecture series for the day included biometrics, physiology, season planning, strength training, and medical presentations regarding shoulder injuries. The series was divided into afternoon and evening sessions. The second workout occurred that same day followed by strength training instruction by the USOTC staff, emphasizing both peripheral and central core strength. Anthropomorphic data was obtained on each athlete to determine body composition and distribution.

Saturday the 6th saw two workouts once again. In between, there was a feedback session when the campers ran back and forth to all of the different venues that had been doing their testing in order to obtain their feedback and individual analysis on improvement.

The final day had a workout in the morning followed by a wrap-up evaluation. Feedback by staff about athletes and even more importantly, by athletes about the staff, was obtained.

Days at camp typically ran from 6 AM to 9 PM with little break for relaxation. The amount of information, videotapes, etc., the athletes went home with was staggering.

From a coaching perspective, we should take the above-noted schedule of events and break it down into several concepts worthy of coaches' consideration. First of all, there was the traditional emphasis on stroke technique which justifiably occupies a large amount of our on-deck time. The second component had to do with the aspect of addressing the topic of drag. Not only was this tested in the flume, but it was tested with speed-assisted towing exercises. Each swim-

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THERE IS NO SUCH THING AS A **花聖美LIT花Y TAN**

by Ed Nessel
R.Ph., M.S., M.P.H.

I want to emphasize this thought and hopefully educate those who really "don't get it." I've had a few skin cancers removed, and I expect to get more, or so I've been told by my dermatologist. Thankfully, they were of the relatively benign type...basal cell carcinoma. But my worry now comes from the fact that the American Cancer Society, The American Dermatological Association, The CDC (Centers for Disease Control), and The Skin Cancer Foundation all claim with alarm that malignant melanoma (the most deadly type of skin cancer) is exploding in epidemic proportions throughout our population (though seen more frequently in the sun belt states)...REGARDLESS OF AGE!

What was once thought to be the result of purely years and years of sun exposure, now is seen in fair-skinned youngsters still in their twenties.

The problem with melanoma is that it can be one of the most unpredictable types of cancer, but with the prospect of metastases quite probable. Today, EARLY detection and treatment allow for a good prognosis...emphasis on EARLY. It has also been known to spread to deadly proportions in the body in just a matter of weeks.

We all have heard of the declining ozone layer and its lessening ability to protect us from UV (ultra violet) exposure; this is a fact that is manifest more than most appreciate. What once caused the average person to get a sunburn with 60-90 minutes of midday exposure has been magnified to where 15-30 minutes will do harm! And it is the repeated exposure that does us in. There is an expression in dermatology: "The skin never forgets." Your excess unprotected exposure can come back to haunt and hurt you years later. The Skin Cancer Foundation has upwardly-revised the incidence of melanoma to where there are approximately three times as many as thought.

Simple precautions can only help. Apply a waterproof sunscreen with an SPF (sun protection factor) of at least 15 (the higher the number, the better, but only somewhat so). This needs to be on the skin at least 20 minutes before you meet the sun to allow the active ingredients to penetrate into the deep layers of the skin. The SPF number gives a raw ap-

proximate number of "safe" minutes allowed in the sun. If you normally burn in 15 minutes, an SPF of 15 should theoretically protect you for 15 x 15 or 225 minutes. In actuality, depending on the sun's position in the sky and time of year, it is less. The caveat here in the real world today is that, no matter how good the SPF in the sunscreen, after 90 minutes, your protection is suspect. Reapplying the lotion after swimming and sweating is wise, but only up to the maximum of 90 minutes; a new application does NOT allow for a complete carefree reexposure to the sun's rays.

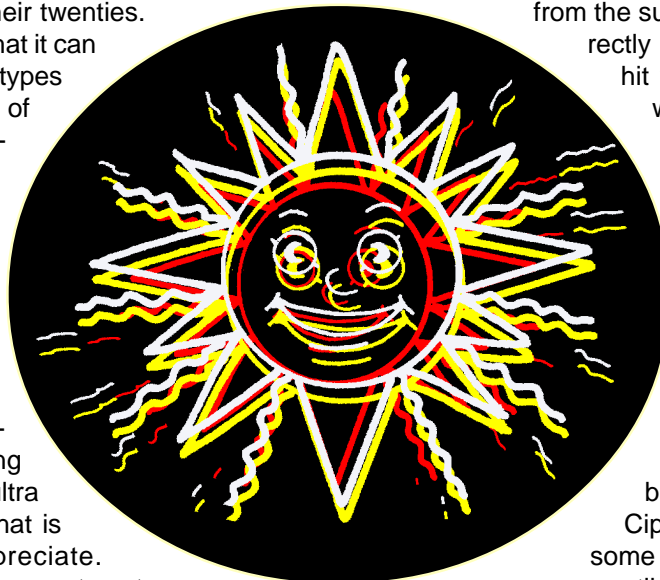
The most frequent areas of skin cancer now seen are the nose, the tips of the ears, and the backs of the hands; a close second are the tips of the shoulders and the upper back. The lips have very little natural protection from the sun; the upper lip being exposed directly from above, while the lower gets hit with reflection (as from the snow when skiing or the water when swimming or wading).

A lip balm with a good SPF should be used here and reapplied regularly. A wide-brimmed hat should be an important part of your summer wardrobe (as with the American Express card), don't leave home without it.

Be aware that certain medications can enhance your skin's sensitivity to the sun...certain antibiotic classes (tetracyclines, sulfas, Cipro and its related congeners, etc.), some antidepressants and tranquilizers, some antihistamines, Retin-A, and a class of drugs we probably all have used from time to time...non-steroidal antiinflammatories (NSAIDS such as Motrin, Advil, Naprosyn, Relafen, etc.). Questioning your pharmacist or physician as to your particular medications would go a long way towards ascertaining if this applies to you.

The sun is psychologically uplifting, and in small doses, even somewhat beneficial (production of vitamin D for calcium absorption), BUT it must be handled with the respect it deserves. It may seem an irony of life that we could not survive very long without the sun, yet too much, and it could kill!

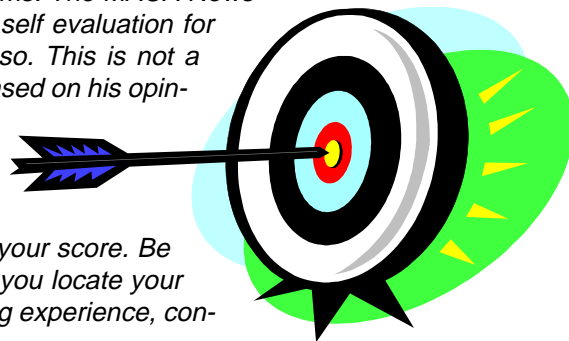
Ed Nessel is on the USMS Sports Medicine Committee and serves as USMS National Librarian. In 1998 he was honored as USMS Coach of the Year.



“Good, Better, Best” - A Self-Evaluation for Coaches

This self-evaluation was developed from a presentation given by Coach Scott Rabalais at the MACA Coaching School preceding the 1999 USMS Short Course Nationals. The presentation was called “Good, Better, Best” and it offered a thorough, direct way for coaches to evaluate themselves and their programs. The MACA News thought it would help other coaches to make Scott’s presentation into a self evaluation for coaches. We would like to thank him for granting us permission to do so. This is not a proven, scientific evaluation, but one Scott devised for the presentation based on his opinions. You may agree and disagree with the statements offered, but it will certainly allow you to think.

To complete the self-evaluation, please circle one choice for each question. Follow the instructions at the end of the questionnaire to determine your score. Be honest with yourself and remember, this self-evaluation is meant to help you locate your strengths as well as your areas for improvement. To enhance your learning experience, consider completing this evaluation with your supervisors or Club Board.



1) How would you describe your vision and goals (for your coaching and for your team)?

- a) you have developed a positive feeling about your future
- b) you have a few short term projects
- c) you have a clear vision of where you are going with your masters coaching, where you’re going with your team, and where you’re going with yourself (you carry a vision, you “have a dream”)

2) How would you describe your planning?

- a) you have an idea about workouts
- b) you plan daily workouts and the season
- c) you plan your life, including your coaching duties, on daily, weekly and monthly levels

3) How would you describe your coaching style?

- a) you copy other coaches styles
- b) you use the ideas of a lot of successful coaches
- c) you know yourself as a coach, you know your personality, and understand your uniqueness as a person and as a coach

4) How would you describe your attire?

- a) you wear a swimsuit or a pair of shorts
- b) you are well-groomed with a neat appearance
- c) you dress professionally and ‘dress for success’

5) How would you describe your emotional involvement with the swimmers?

- a) you cheer for swimmers, pat them on the back and offer general encouragement
- b) you show a general care and concern, communicate, ask them a lot of questions and listen
- c) you lose yourself in your swimmers, and in what you can do to help them achieve their best. You live to coach and coach to live.

6) How would you describe your timeliness?

- a) you show up for practice, just in time to start
- b) you show up a few minutes early for practice
- c) you arrive 15-30 minutes before workout

7) How would you describe your teaching technique?

- a) you have a pretty good understanding of the general principles of swimming technique and an ability to apply them to the group
- b) you have learned to teach using multisensory perception (see, feel, hear, etc.)
- c) you routinely apply a creative understanding of technique to specific individuals

8) How would you describe your education in becoming a better coach?

- a) you devour every publication and video available
- b) you attend clinics, visit other teams, talk to other coaches
- c) you swim, and your experience and knowledge comes most from being in the water

9) How would you describe your motivational tactics?

- a) you have club goals and a general direction for your team
- b) your swimmers have individual goals
- c) there is an integration of team and individual goals

10) How would you describe your communication with swimmers?

- a) you say “hello” and “goodbye”
- b) you routinely have deck chats
- c) you have one-on-one meetings with swimmers

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“Good, Better, Best” A Self-Evaluation for Coaches

(continued, from page 7)

11) How would you describe your ability to set intervals?

- a) you can set general intervals for the whole team
- b) you can set intervals by groups
- c) you know the repeat times of swimmers before they even do them

12) How would you describe your involvement with competition?

- a) you host a home meet, or travel away to a nearby meet
- b) your team participates as a team in a postal event
- c) you can get a big group of people to travel away to a Nationals or a far away Zone meet

13) How would you describe the compensation you receive for your services?

- a) you volunteer, giving to your sport a few times a week
- b) you are paid as an hourly employee
- c) you are paid well as a full-time professional with benefits

14) How would you describe your club's staff?

- a) there is a replacement coach who can come in when the Head Coach is absent
- b) there are assistants who can complement the Head Coach
- c) there is a group of independent and advanced thinkers working cooperatively together

15) How would you describe your communication system?

- a) you post announcements at the pool
- b) you have a newsletter
- c) you use e-mail and the web

16) How would you describe your club promotions?

- a) you create and distribute a team brochure
- b) you promote and advertise through newspapers and ads
- c) you use members to recruit by word of mouth

17) How would you describe your administrative involvement?

- a) you have local involvement
- b) you have involvement in LMSC and Zone level
- c) you have involvement at the National level

18) How would you describe your awareness of outside influences on your swimmers?

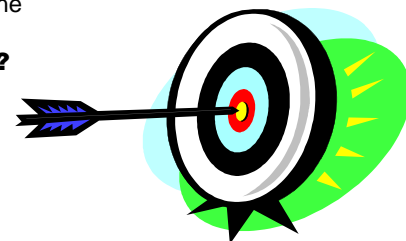
- a) you are somewhat aware of the outside influences on swimmers (other sports, etc)
- b) you offer occasional opportunities to focus on things outside of the pool
- c) you conduct systematic studies on what things affect others' performances

19) How would you describe your club's social activities?

- a) you do spur of the moment social outings
- b) you host an annual team social event
- c) you plan regularly scheduled parties/socials and work to include everyone

20) Why do you coach?

- a) to make money
- b) because you enjoy it
- c) to help others



SCORING: Score this self evaluation using the following point system. Add-up your totals and see how you rate:

- a = 1 point
- b = 3 points
- c = 5 points

20-59 points: Evaluate your goals and look closely at the areas where you can improve. If you are honestly dedicated to Masters coaching, you will ultimately benefit from this evaluation.

60-79 points: You have already developed some of the skills necessary for success in coaching, but there are some obvious areas for improvement. Fortify your strengths by strengthening your weaknesses.

80-95 points: You have developed your strengths and recognize your weaknesses. Your dedication to improvement has ultimately allowed you to reap great rewards.

95-100 points: WOW! Nominate yourself for USMS Coach of the Year. You're right up there with the best!!

Practice, Please!

by Paul Windrath

How often have you heard someone say they are going to workout today? If you are like me, you have heard that phrase a bunch. Too bad! Those who "work-out" are missing the opportunity to get better.

The best swimmers in the world practice their racing every day they are in the pool. They practice their stroke count, their breathing

pattern, their pulling and kicking coordination. To them, there is no such thing as "junk yards." Every yard of every lap counts towards improving their times.

The rest of the swimmers get in the pool every day and workout. They go hard. Their pulse count is high. They breathe

a lot. They get tired. They do short rest intervals that hinder their ability to swim with good technique. Simply put, their workout does everything except help



them learn to swim faster because they don't always practice the right stuff.

So, if you want to get faster, practice the skills that make your races faster. If you want to breathe every 4 strokes in a 100 freestyle, breathe every 4 strokes in practice. If you want to kick throughout the 100 freestyle, kick through the

100 repeats in practice.

There is an old saying my young swimmers hate to hear me say: "You will do in a race what you do in practice." I win more bets this way. The question to ask yourself is: "Do I want to race like I practice or do I want to practice like I want to race?"

Paul Windrath is the Meet Director of the 1999 USMS Long Course Nationals, and was also Meet Director of the 1993 USMS Long Course Nationals. Paul is a member of the USMS Championship Committee. He is also a member of the USMS Planning Committee and coordinates the USMS Snooper program.

Resources from the USMS National Office



USMS has several valuable resources available through the National Office. If you are interested in ordering any of these publications, please contact USMS Executive Secretary Tracy Grilli at the USMS National Office, P.O. Box 185, Londonderry, New Hampshire, 03053-0185; telephone- (603) 537-0203; fax- (603) 537-0204; or send an e-mail to: usms@usms.org - if ordering by mail, please make checks payable to USMS. Here are just a few of the resources offered by USMS:

The **1999 USMS Rule Book** contains information about the rules and conduct of Masters swimming. This comprehensive guide contains sections on swimming rules, competition, meet personnel, National Championships, records and recognitions, health and safety regulations for competition, disabled swimmer guidelines, registration, meet sanctions, long distance / open water, legislation, records and a whole lot of other useful information. The USMS Rule Book is updated annually, and is currently edited by Meg Smath. Cost is \$8. The new Mini Rule Book provides an abbreviated version for \$3.

Building a Successful Masters Club is a great resource for people who are starting and building Masters clubs. Cost is \$6.

Places to Swim is a comprehensive listing of pools throughout the country and the world which are open to Masters Swimmers. It is an excellent reference for swimmers who travel. Cost is \$6.

USMS Coaches Manual is a 3-ring binder stuffed full of great information gleaned from the top programs and coaches in the country. The manual costs \$25 which includes shipping.

Developing Online Communications

Adobe Systems Incorporated swims circles around the competition

by Bill Volckening



When it comes to portable, online documents, Adobe Systems Incorporated is swimming circles around the competition. Adobe Acrobat "PDF" files are popping-up all over the web, especially in swimming information circles. "PDF", which stands for Portable Document File, is quickly becoming well known in swimming web sites such as 'USMS.org' and 'USA Swimming'. These sites feature a growing number of downloadable files, available in PDF format.

Although Adobe Acrobat has been around for a couple of years, its impact with the online swimming world is relatively new. Acrobat allows users to distill professional looking, online documents from files created in desktop publishing applications. The final product is a fully formatted document that looks and prints exactly like the original. The beauty of the PDF file is the ease with which it is uploaded into web sites. Acrobat is perhaps the fastest way to publish documents online. In sharp contrast to printed documents, Acrobat provides a method of delivering high quality documents through e-mail, which allows for dramatic reductions in cost and conservation of natural resources.

One of the easiest, most effective ways to create Acrobat files is with Adobe's Desktop Publishing companion, Adobe PageMaker. Because the two programs are fully compatible, it takes mere seconds to convert a PageMaker document into a PDF file. Simply click on the 'file' command, go to 'export', select 'Adobe PDF' and click the next 'export' button. It took less than thirty seconds to distill this entire 14-page long MACA Newsletter into PDF.

The United States Masters Swimming web site features a growing number of downloadable Acrobat files. PDF files are available primarily for registration forms. Programs such as On-Deck Coaching, NIKE Champions Clinics, Mentor Clinics and Coach of the Year offer information in the portable document files. The MACA News is the first PDF newsletter to appear in the USMS Web Site.

"PDF files are very popular on the web," according to USMS Webmaster Jim Matysek. "Once you have the tools, they are very easy to create, and are extremely portable. A file in PDF format should look the same on a PC, a Mac, or a

Unix box. There are no such guarantees with HTML files, which require great care to ensure that your pages are presented in a desirable way on a number of different types of machines and browsers."

The first PDF file to appear in the USMS Web Site was the 1997 USMS Long Course Nationals Entry Form. Since 1997, the use of PDF has steadily grown. The technical considerations are far less involved than they first appear to be. Matysek comments,

"As long as you have the Acrobat creation tools and whatever tool your original file was created with, it's a piece of cake. The first 3 nationals for which I posted the entry form in PDF format were much more difficult. The entry form original from SWIM magazine is made using Quark Express, a high-end (and expensive) publishing tool. I don't have Quark or any tools that import it's file format. As a result, I spent a lot of time renting work station time at

Kinkos, trying to figure out unfamiliar tools and match fonts. It was a real pain.

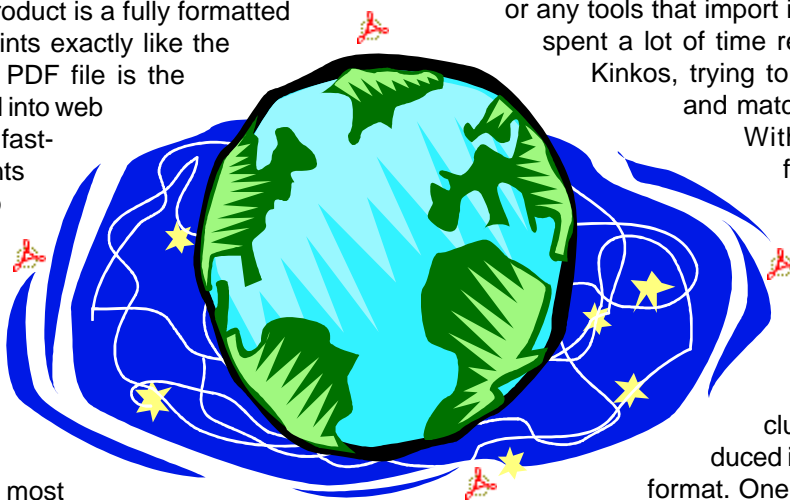
With this year's nationals, I found a local company that has all the right tools and can do the conversion for us in no time at all. It always comes down to having the right tools for the job."

Several LMSC and club newsletters are now produced in the portable document file format. One of these newsletters is the

"Wet Set", which was edited this year by Dan Frost. Frost used Acrobat to create the Wet Set while he was stationed in Saudi Arabia as a Naval Flight Officer. Frost commented on the ease of using the Acrobat PDF format.

"I like Adobe Acrobat because it is easy to handle as a reader. It seems like a fairly universal document format now. My last Navy squadron was one that was based on Whidbey Island (West coast), but deployed on a squadron homeported in Norfolk VA (East coast). It became a paperwork hassle whenever we deployed, because our West coast commander wanted his paperwork done on WordPerfect, and our East coast commander wanted his paperwork done on Microsoft Word. Before I obtained Acrobat, I put some of the PNA's meet entry forms on the web site as Microsoft Word documents, knowing that not everybody in Western Washington had Microsoft products. Everybody has different computers with different operating systems using different web

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HIGH ALTITUDE TRAINING CAMP

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-mer went home with a new concept of drag. Secondly, the topic of flexibility training for Masters was addressed. During the discussion, we discovered good overall flexibility among the group, but generally weak flexibility in the lower back and hamstrings. A series of flexibility training exercises were therefore given to the group *en masse*, with individual refinements added for each person in their feedback sessions.

Strength training not only emphasized the conventional type of strength of upper and lower body, but also usually stressed core stability exercises with biometric training, physioball, etc.

The medical analysis is unique to the Colorado Springs venue. We were able to take a series of laboratory studies, diet analysis and the Sports Medicine Committee survey - and put it all together into a coherent picture for the athlete - of their individual state of health coming into the Training Center, and also how they could improve upon it in a non-prescription way.

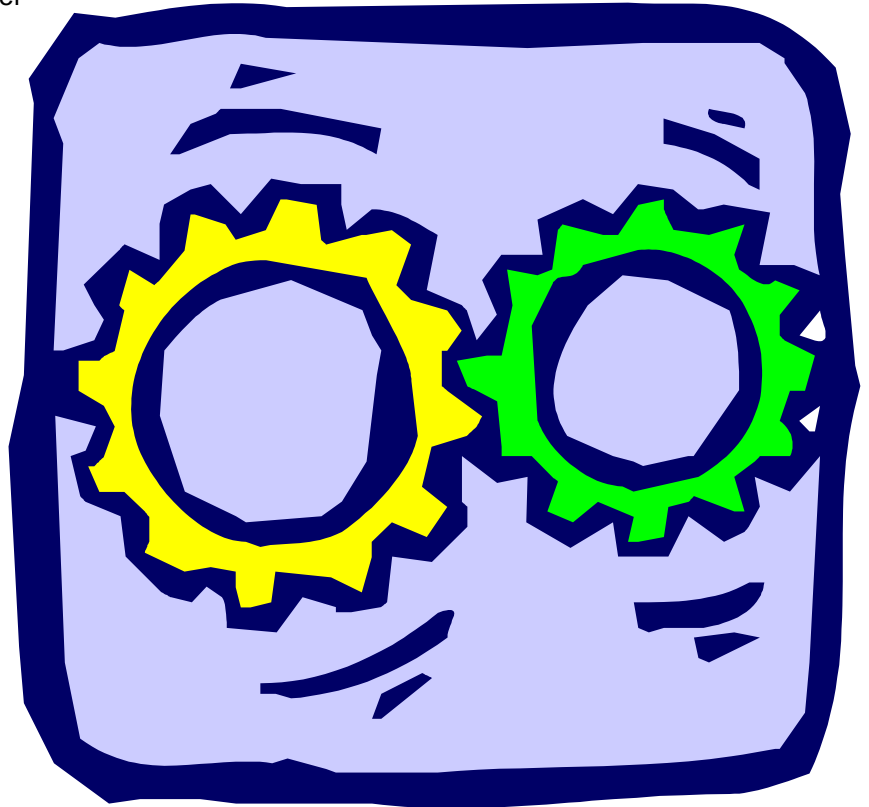
The next topic that was addressed and broken down for them was the idea of the training cycles, i.e., a plan emphasizing macro-cycle, meso-cycle, and micro-cycle. While all of you are certainly aware of this and will use those with USA athletes, Masters athletes present a very different challenge because of their erratic work schedules. This does not mean that we should not address the cycles, we simply need to be more intelligent in how we address the cycles given the variabilities of Masters training.

The final topic that we addressed in great detail was the issue of sports psychology. i.e., helping the athlete to achieve his or her true potential based upon their training and not allowing their brain to subvert the true capability that the athlete shows. While a swimmer has an opportunity in an organized program to establish realistic goals, there is serious doubt as to whether this is often done in the Masters setting.

The opportunity for the Masters coach to get involved in this setting offers not only a learning experience, but will bring back long term benefits for the athletes in their own programs. Despite the fact that those of us who attended the camp have been established in Masters swimming for many years, I know myself to have changed my approach in practice based upon the experiences gained in Colorado Springs.

Involvement is obtained through an application process directed to the USMS Coaches Committee. This Committee is chaired by Scott Rabalais, and those interested in being considered for a position on the staff for upcoming altitude training camps should submit their application complete with resume to Scott. This will then be forwarded to his selection committee.

Dr. James Miller is one of two coaches selected to participate in the first High Altitude Training Camp in Colorado Springs. He is the recipient of the 1999 Ransom Arthur Award, and was the 1986 USMS Coach of the Year.



EDITOR'S NOTE: The next USMS / USA High Altitude Training Camp for Masters Swimmers is scheduled for November, 1999. According to Camp Coordinator Leslie Laing-Cooper, the camp applications are now closed. Future camps will be announced in SWIM Magazine, at USMS Nationals and in the MACA News. Applications for Coaches interested in participating will also be available at that time.

The Camp costs \$1400 per/camper, and includes: room and board for entire 3-4-day period, VO2 max testing, lactate testing, heart rate testing, digitalized stroke analysis, blood draw and level one testing for nutritional analysis, underwater filming in the 50 meter pool, range of motion and flexibility analysis, guest speakers, coaching and weight room training.

Online Communications

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browsers and different word processors, but everybody can use Acrobat.”

Although Acrobat provides a universal document format, there are still some technical considerations -- especially if you are not using PageMaker to create the original document. Jim Matysek explains,

“I've had some difficulty with editing PDF files once they are created. If someone uses an original tool that I don't have or sends something already in PDF format and then wants it to be edited a little, I may or may not be able to do it, depending on the file and the amount of editing needed. It is much easier to work in the original format until the final copy is needed, and then convert to PDF.

These files work very well for things like forms that need to be printed and filled in by hand. They provide for a consistent printed file layout for anyone. They are also appropriate for existing documents that have a lot of layout features that you want to maintain (brochures, etc.). If your document is mostly text and would benefit from easy on line navigation from one section to another, converting it to HTML may be better.”

PDFs certainly look like the wave of the future for producing newsletters such as the MACA News. MACA could save more than \$2000 annually if all the members could receive the MACA News via e-mail. And, they would receive it faster than by U.S. mail. The Tualatin Hills Barracudas of Beaverton, Oregon recently surveyed their club members and found about 70% of their members prefer to receive newsletter via e-mail. Since each monthly newsletter costs close to \$50.00 to print and mail, the club could save nearly \$600 annually if all the members received the newsletter by e-mail. Aside from the savings, the presentation of a photocopied newsletter simply doesn't compare to a PDF newsletter. Frost adds,

“You can get pretty fancy in producing eye-pleasing documents with Acrobat when compared with WordPerfect or MS Word. PDF's are easier to handle because you can put an entire newsletter in one file, or partition it as you desire. The product comes out in nicely formatted pages that the user can print out page-by-page or in its entirety. This feature is a big advantage over html files. If I only want to

print out one article of a newsletter on an html web page, I have to print out the entire web page, which due to Murphy's law requires many extra pages to flow through my printer, and the section that interests me gets sliced by a page break. Even if I did want to print out the entire newsletter, the browser would insert the page breaks wherever it wanted, not where it was intended by the author.”

Even though the advantages are clear, many individuals are still more comfortable receiving their information the old fashioned way, with printed mailings in the U.S. Mail. According to Matysek,

“Many novice computer users are scared away by PDF files. There are lots of people who simply won't install new software, even if it is free and has an easy install procedure, like Acrobat Reader. Without assistance from a friend, these people will never view PDF files, so we need to be careful to not rely too heavily on PDF files at this time.”

Matysek also commented on some other technical glitches experienced with Acrobat.

“We have also seen some problems with different versions of Acrobat. At the usms.org site, we use Acrobat 3.0. Several people have reported problems reading the files, and it turns out that they had an older version of Acrobat and were unwilling to upgrade. The upgrade is free, but if your disk drive is full, you may be extra cautious about installing anything. Adobe has released Acrobat 4.0, but we have not yet adopted this version. We will likely wait for a while before deciding whether to invest in the new version. The new version reads version 3.0 files, so it shouldn't be a problem.”

Bill Volckening is Editor of the MACA News. His column “Swimming the Net” is a monthly web review appearing in the Aqua Master, newsletter of Oregon Masters Swimming. “Swimming the Net” has also appeared in SWIM Magazine.



If you are interested in receiving the MACA News via e-mail, in PDF file format please send an e-mail request to: MACAnews@aol.com. If you would like to download a free version of Adobe Acrobat Reader, please visit the Adobe Acrobat Website:

<http://www.adobe.com/prodindex/acrobat/readstep.html>



Masters Aquatic Coaches Association Membership Application and Renewal

The Masters Aquatic Coaches Association (MACA) is a service organization based on a central theme of

COMMUNICATION - EDUCATION - PROFESSIONALISM - PROMOTION

We provide leadership to Masters swim coaches at all levels. We are dedicated to creating and enhancing progressive and highly visible programs that are effective in strengthening and improving the profession of Masters Coaching.

Member Benefits:

- *The MACA Newsletter
- *Access to a network of Masters Swim Coaches
- *Schools and Clinics around the United States
- *Opportunity to have a voice in the future of your profession!

**PLEASE UPDATE
YOUR INFORMATION**

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FOR
CURRENT MEMBERS**

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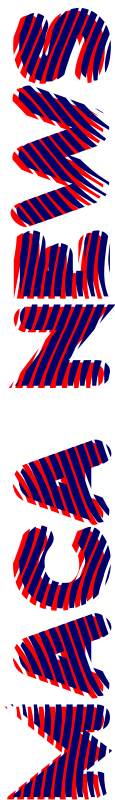
**NO DUES REQUIRED
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Please check one: New Membership Renewal

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Please complete the registration form above and send it with check payable to MACA to:

**Don Mehl
Membership Chairman
600 Willow Glen Dr.
El Paso, TX
79922-2209**



**Masters Aquatic Coaches Association
August / September 1999**

Bill Volckening, Editor
370 NW Island Circle #B-5
Beaverton, Oregon 97006

INSIDE: SCAQ Coach Ondrej Bures Remembered

FROM OUR COMPUTER TO YOURS



The MACA News is now available via e-mail, as a fully formatted, full-color document. Our goal is to conserve resources by making the newsletter into an electronic document for all MACA members who have e-mail. We are currently starting an e-mail directory, and surveying members to find out who would prefer to receive the e-mail newsletter vs. a printed, mailed newsletter.

**PLEASE SEND YOUR
E-MAIL ADDRESS
to
MACA News@aol.com**