

MACA Lifetime Achievement Award Rabalais Presented With Award at Convention



ORLANDO, FLA- For his many long-term contributions to Masters Swimming and Coaching, Scott Rabalais was presented with the MACA Lifetime Achievement Award before a large group of delegates attending the House of Delegates meeting of the 2000 United States Aquatic Sports Convention. Scott was honored by MACA President Ed Nessel, who admitted "it is possible to have a hero who is younger than yourself."

Scott is currently Team Director of Crawfish Aquatics in Baton Rouge, Louisiana. He has been involved with swimming in Baton Rouge for over 30 years as a participant, volunteer and leader. He has contributed greatly to the development of summer league, Senior Olympic and Special Olympic swimming in Baton Rouge. He is the founder and former Director of the February Fitness Challenge, which was the recipient of the inau-

gural USMS Fitness Award in 1997. Scott is also a top Masters swimmer. In addition to being a perennial USMS Top Ten Swimmer and always placing high at the USMS Nationals, he was a USMS All-Star in 1995 and 1996, a USMS All-American in 1996, 1997 and 1999, and a USMS Long Distance All-American in 1995, 1996 and 1997.

In 1995, Scott was named United States Masters Swimming Coach of the Year. Scott first took over the Crawfish program in 1984, and has increased the size of the group from 29 to 150 members. Under his direction, the Crawfish won several USMS 10K Postal Championships, peaking with a remarkable 40 swimmers completing the distance in 1993. As of 1995 he had coached a dozen swimmers to individual All-American status, and more than 50 Crawfish had earned USMS Top Ten honors. Scott is an ASCA-certified Level 5 Masters coach and has been a member of the Masters Aquatic Coaches Association since its inception. He has served as USMS Editor for SWIM Magazine, and is currently the Fitness Editor for SWIM. Scott is author of dozens of swimming articles appearing in a wide variety of publications, including SWIM Magazine. He also serves as the USMS Coaches Committee Chairman, a position in which he has contributed immeasurably to the development of Masters Coaching. He is currently National Senior Games Liaison for USMS and has also served as Dixie Zone Representative and Southern LMSC Chairman. For the last two years, Scott has actively participated in the first three USMS High Altitude Training Camps at the US Olympic Training Center in Colorado Springs. Not only did he guide the selection process for each camp's staff, but he led workouts and video analysis for the swimmers and promoted the camp by running the booth at USMS Nationals and writing a detailed article for SWIM Magazine.

Over the last decade Rabalais has acted as meet director for dozens of meets, including the 1993 National Senior Sports Classic, which featured almost 850 swimmers. He is a meet official for Special Olympic, summer league, USS and college swim meets. Scott has also spearheaded communications for his team by first creating a web page for the Crawfish in 1998. He has taught swimming clinics internationally and written numerous articles for national swimming and fitness publications, including SWIM Magazine. Scott is planning to run for USMS national office in 2001. He and his wife Muriel have two sons, Ross and Ryan.



PROMOTION

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Letter from the President

Greetings all. I hope the holiday season has found you in good health and fine spirits!

My thought today concerns the need for all our membership to "take it to the next level" in promoting masters swimming and making those involved with our activities think that it is time well spent.

Recently, Coaches Committee Chairman, Scott Rabalais, sent to all the coaches' reps in the various LMSC's a request of three things that they feel they can do above and beyond their everyday activities in Masters Swimming. I think this is great. It makes us stand up and commit to do more. It puts us on the line to take pride in what we do as coaches and to instill this feeling in those with whom we come in contact.



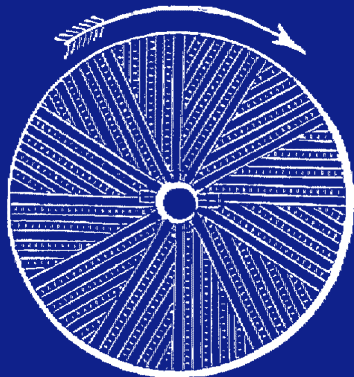
Just by belonging to MACA, I have to assume you want more out of Masters Swimming than the average member...not only want more but want to GIVE more. By making the most of the MACA membership one can increase knowledge, add to experience and develop expertise. But none of these are worth beans unless we get them across to our swimmers.

So I am asking all the MACA membership to get something rolling in your area...a clinic for swimmers and/or coaches...a lecture series with interesting topics and presenters..a session of watching videos and taking them of your swimmers...SOMETHING. I bet if you give it a little thought, you will come up with something very useful and needed in your coaching area.

Do more than coach...EDUCATE. It is the future of our organization!

Again, at this special time of year, I wish all of you the three most important words I know: PEACE OF MIND.

Ed Nessel, MACA President



USOTC Camp Scheduled

The 4th USMS High Altitude Training Camp is scheduled for February, 2001 at the US Olympic Training Center in Colorado Springs. The camp's staff includes: Head Coach Bill Volckening of the Tualatin Hills Barracudas (OR), Assistant Coach Janet Renner of Maui Masters (HI), Intern Coach Don Mehl of Rio Grande Masters (TX), USMS Coaches Committee Chair Scott Rabalais of Crawfish Aquatics (LA), Flexibility Training Coach Mark Stoker (CA), Camp Coordinator Leslie Laing-Cooper of New England Masters, and USMS President Nancy Ridout. The campers will also be treated to presentations from the staff of USA Swimming and the US Olympic Training Center.

Bill's New Address

Please make a note of the following change of address:

Bill Volckening:
1220 NW 119th Place
Portland, Oregon 97229

MACA School in Santa Clara

MACA will hold a Coaching School preceding the Santa Clara Nationals in May. For details, see the information contained in this newsletter, or contact Dan Frost, e-mail: desertfrost@yahoo.com

Help Wanted

Green Lake Aquaducks Masters Swim Team: Established Masters team for 11 years. Approximately 40 members, plus 20 extra drop-in swimmers on Saturdays.

Workouts at Evans Pool (Seattle): Mon-Fri: 5:00-6:00 am, Sat: 7:00-8:30 am
Qualifications: Lifeguard Training, Safety Training for Swim Coaches, First Aid, and CPR Experience preferred.

For information contact: Robin O'Leary, 6323 19th Ave NE, Seattle, WA 98115-6903 GLAD1@excite.com (206) 525-7725

On-Deck Coaching

The USMS On-Deck Coaching Program has a new director. Marty Hamburger of the Dynamo Swim Club in Atlanta direct the program for the year 2001. Marty did a fine job leading the troops at the Convention in Orlando. For additional information, or to get involved, please contact Marty Hamburger by e-mail at: DynamoCoachMarty@usms.org

Sport Science Network

The sport science staff at USA Swimming is in the process of developing a "Sport Science Network" consisting of sport scientists and sport medicine specialists who are interested in working with swimmers. More specifically, we get numerous requests for sport science testing, consultation, and educational presentations from across the country. To provide better support to our swim coaches and athletes, we are trying to develop a network of sport science and medicine specialists throughout the country. When we get a request for sport science services that we can not meet, we would like to be able to provide names of individuals from our "Sport Science Network" that the coaches can contact. It would then be up to the sport scientist to work with the coach/ athlete to determine details such as fees, testing services, etc. We at USA Swimming want to serve as the link.

If you would be interested in being a part of our Network, please contact Suzie Tuffey: telephone (719) 578-4578 or e-mail stuffey@usa-swimming.org

MACA Annual Meeting

US Aquatic Sports Convention,
Kissimmee, FL
Thursday, October 12, 2000
Minutes recorded by Bob Bruce

Meeting convened at 12:05 pm by Ed Nessel.

1. Unauthorized use of e-mail business list: During the past year, the MACA e-mail list has been used by unauthorized parties for unauthorized business purposes.

Action: We privatize the MACA e-mail list. Dan Wegner will assist. Action: Ed Nessel will notify Total Immersion.

2. Treasury (Steve Schofield): We have \$2518 in the bank [see Financial Report of 9/1/00, minus \$58 of recently-paid expense].

3. Membership (Emmett Hines): Our membership year is November 1 thru October 31; membership received after September 1 is credited to next year's membership. Moved and seconded: Membership will be pro-rated (\$10.00) June 1 thru August 31. Discussion included talk of tiered fee structure (free and 'executive rates'), and of potential conflict of MACA and USMS Coaches Committee functions. Motion passed unanimously.

4. Communication- newsletter & website (Bill Volckening): Things seem to be going very well. During the last year, Bill created a website for MACA and posted the membership application and certification application, among other things. He distributed the latest edition of the MACA News, which included the list of 2000 MACA Web Award Winners.

5. Certification: Discussion included talk of safety and professional certification: Safety certification- Jim Miller recommended that we avoid requiring this for liability & insurance reasons. Professional certification: We tabled any changes until next year.

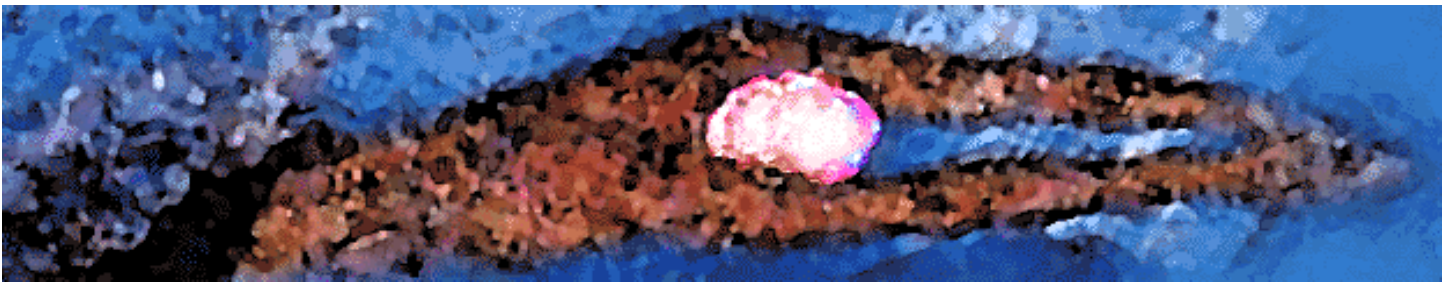
Meeting adjourned at 1:00 pm.

Assume The Position!

(or Free Speed for Everybody)

by Coach Emmett Hines

The Mantra “Hand over hand, wrist over wrist, head squeezed firmly between your upper arms, pinch your butt together, press the small of your back against an imaginary wall and point your toes!” You’ve heard this a million times. Yet you still push off the wall with your arms more or less in front of you, hands separated, head up so you can see where you are going, big scoop in your lower back, toes pointed at the bottom of the pool. We call this the “Superman” position. “Wait just a minute, Coach!” you say, “I have my hands together — I don’t do that Superman thing!” OK, maybe you do have your hands together, barely — “fingers over fingers” maybe. But your wrists are floating out to the sides, your elbows are bent at 60° or more, you’re still looking out over the top of your hands and there is enough daylight between your arms and your ears to give a grouper fish a wide berth. We affectionately refer to this as “Scud” position. I know that each and every one of you knows how to get your body into a full streamline position. Without exception every one of you has been able to demonstrate a good streamline position while standing in one place. So why’n’t you doin’ it? So what is so hard about demonstrating it every single time you push off from a wall?



Two things:

First of all, it takes physical effort. If you are not very flexible you will find that you really have to **stretch** to assume The Position. But, as with all stretching exercises, the more time you spend in The Position the easier it becomes. Ideally, if you spend enough time in The Position, it will eventually become a relaxed position for you. Suffice it to say that the harder it is for you to assume The Position the more important it is for you to do it often and for extended periods of time. Second, it takes mental effort. Until your neuromuscular system is conditioned to snap the body into The Position instantly and automatically as the legs are driving you off the wall, you must apply a bit of brain power every 25 yards to satisfy your coach’s fantasies.

Mo betta practice

An excellent opportunity to get in some “streamline time” presents itself at every wall. You should consider each wall a platform from which to launch yourself, with gusto, into The Position. Snap into The Position **every** time you push off

a wall. Follow that up by holding this minimum-resistance pose until you have slowed down to swimming speed — only then does it make sense to move out of The Position and begin swimming motions. And if you are serious about this becoming a habit you’ll want to be sure you avoid doing **any** turns or push-offs the way you used to (Superman or Scud).

Where’s the Profit?

“Sounds like a lot of work. What do I get out of all this, Coach?” you intone, looking for a way out. A few things leap to mind:

Stroke reduction. As you refine your Position (make it more “slippery”) you’ll find you travel further without slowing down as much. This will allow you to take fewer strokes per length (which, I hope, we have already conditioned you to perceive as a worthwhile goal).

How about energy savings? Gliding a long distance from a push-off takes less energy than gliding a short distance and swimming the rest of the way.

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Skip Thompson Named USMS Coach of the Year

Frank "Skip" Thompson of Michigan Masters and the South Oakland Seals was named 2000 USMS Coach of the Year by the USMS Coaches Committee at the annual USAS Convention in Orlando, Florida. The USMS Coach of the Year Award is generously sponsored by Speedo. Skip is employed by Visteon, which is an enterprise of the Ford Motor Company. In his spare time, he coaches the South Oakland Seals three times a week, spending about five hours a week on deck. He also writes daily workouts for swimmers and has them posted on the team web site. The South Oakland Seals have won 14 Michigan State Team titles since 1982, and Skip has coached with the Seals since 1984.

Skip was the recipient of the USMS Service Award in 1999. He served as Great Lakes Zone Representative from 1992-1999, and President of Michigan Masters from 1991-1993. He was meet director of the Michigan Masters State Championship in 1985, '89, '91, '92, '96 and '99. He was also the Michigan Masters Chetrick Award Winner for Outstanding Service (1991), and Michigan Masters Lawrence Award Winner for Outstanding Swimmer (1995).

Skip is also an outstanding swimmer, appearing regularly in the USMS Top Ten since 1983. He was a USMS All-American in 1989 and 1992, a Long Distance All-American in 1993, '94, '97 and '98, and a Long Distance All-Star in 1996, '97 and '98. Congratulations Coach Skip, 2000 USMS Coach of the Year!



Assume The Position! (or Free Speed for Everybody)

(continued, from previous page)

And flexibility? The more often you snap into The Position and the longer you hold The Position the more progress you are making toward being able to return to that same posture with less effort. "Just doing it" will make you more flexible thus making repeat performances easier to do. Hint: if you have to really **work** to achieve The Position, take it as an indication that you need to do **lots** more of it.

Speed too? You will have faster turns during your practices. You will move faster through the water after your push-off, which translates to faster times. Capitalizing on the momentum of the explosive push-off you have already done by minimizing resistance with a great streamline position is, in effect, getting **free speed**. You've already done the work — simply milk it for all it is worth.

Racing payoffs? You will have faster turns in competitions. If you really make an excellent streamline position your habit you will do it without thinking every time you come off a wall in a race, which translates to smaller numbers on the scoreboard.

Stroke technique improvement? Strange as it sounds, the work you put in while just streamlining and not stroking will improve **all** of your strokes. Of course that sounds too good to

be true, but just think about it. Each of our strokes requires us to achieve positions at the extremes of shoulder flexibility. And the streamline stretch is an excellent method of improving that flexibility. So, as your push-offs improve with added flexibility so will your strokes.

Coolness factor? Perhaps most importantly, excellent streamlining skills put to use consistently will make you look more like a "swimmer" in the elitist, highly accomplished, truly professional sense of the word. After all, isn't this the real reason for trying to do most things correctly in the pool? In my book, it's as good a reason as any.

Emmett Hines is the head coach of H₂Ouston Swims. He has coached competitive Masters swimming in Houston since 1982, is a Senior Coach for Total Immersion Swim Camps, holds an ASCA Level 5 Certification and was selected as United States Masters Swimming's Coach of the Year in 1993. His book, [Fitness Swimming](#) (Human Kinetics, publishers), is in its second English language printing and the French translation is entitled *Natation* (Vigot, publishers). Currently he coaches workouts at the University of Texas – Houston in the Medical Center area and offers video analysis by mail (Project VDO). He can be reached for questions or comments at 1-713-748-SWIM or ehines@bigfoot.com.



Masters Aquatic Coaches Association

Masters Coaching School

Presented by The Masters Aquatic Coaches Association
and The American Swim Coaches Association

Wednesday, May 16th, 2000

1:00 p.m. - 5:00 p.m.

The Courtside Club

Los Gatos, California

This four-hour coaching clinic will take place the afternoon preceding the USMS Short Course Nationals in Santa Clara. Come just one day early and spend the afternoon with our country's most influential Masters Coaches. 20 ASCA Credits.

Pre-Register or register the day of the event. \$60 Registration (Includes Level 1 Manual) / \$40 for Seminar Only.

For additional details, contact Dan Frost (831) 899-7213 (before 9pm Pacific)
or e-mail: desertfrost@yahoo.com

The ASCA/MACA Masters Coaches Certification School will be held at the Courtside Club Wednesday, May 16th, 2001 from 1pm to 5pm. Room TBA at registration. Dan Frost, MACA Vice President will direct the school, faculty to be announced. All masters coaches are invited to attend. The Masters Coaches Certification School is the level one ASCA equivalent for Masters Coaches. The School can also be used for continuing education credits for Coaches currently certified level one or higher.

Name _____
Address _____
City _____ State _____ Zip _____
Day Phone _____ Evening Phone _____
E-mail _____ USMS Club _____
Are you a MACA Member? Yes No -- Are you interested in Joining? Yes

Please Return Forms with checks payable to MACA by April 15th, 2001 to:
MACA Coaching School, c/o Dan Frost, PMB #179, 2160 California Ave Ste. B, Sand City, CA 93955-3172



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
- *Coaches Hospitality and Program/heatsheets at USMS National Meets
- *Schools and Clinics around the United States
- *Opportunity to have a voice in the future of your profession!

ANNUAL DUES \$20

(or \$10 if after May 31st)

Registration expires October 31st

(\$20 Registrations entered Aug. 31st will expire October 31st of the following year)

Please check one: New Membership Renewal

Name _____

Street Address _____

City _____ State _____ Zip _____ Country _____

Home Phone _____ FAX _____ Office Phone _____

Birthdate ____/____/____ Gender _____

E-mail _____

Club Name _____

Club Web Site _____

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

MACA Registrar
Emmett Hines
4361 Graduate Circle
Houston, TX 77004 USA



Bill Volckening, Editor
1220 NW 119th Place
Portland, Oregon 97229

INSIDE: “Assume the Position” by Coach Emmett Hines

Introducing the Masters Coaches eGroup

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“macacoach.org” is pleased to announce an exciting new communication feature. We have recently started a group e-mail directory with “eGroups,” which is a free e-mail group listing service. This list is to be controlled and maintained by the Masters Aquatic Coaches Association Board of Directors and the USMS Coaches Committee, and it is reserved specifically for the business of MACA and the USMS Coaches Committee, including: announcements, event promotions and registration reminders. This list is private and will not be made available to any individual or group other than MACA and the USMS Coaches Committee. To subscribe, look for the box (pictured to the left) on the home page of the MACA website (www.macacoach.org) -- enter your e-mail address and click the “Join eGroups” button.