

# Walnut Creek Masters

United States Masters Swimming

2007

“TEAM OF THE YEAR”



## NEWSPLASH

#4, 11/2007

### *COACH'S CORNER*

#### *THE BUILDING BLOCKS TO TRAINING*

Beginning in December, we will go back to building our most competitive training season (December to May) around our “BLOCK SYSTEM”. This simply means that our workout days and weeks will be categorized in terms of a 1Block (easy) to a 4Block (very difficult) system.

Within a given week, each day will be assigned a block value based on its difficulty. A 1Block week does not mean that everyday in that week is easy. The total block value of that week is just substantially less than a 2Block or 3Block or 4Block week. The daily schedule of block values changes from week to week, so that Tuesdays are not always a 4Block days and Fridays are not always a 2Block day. This helps to ensure that if you swim on a regulated schedule of alternated days, you will not always be training the same energy systems at the same level of difficulty. Easy 1Block days will usually have some flexibility in the workout to accommodate those who may not need recovery based on the number of days they have swum in the week.

The schedule will be posted in the display case leading out to the pool so that those who take an interest in such information can

check. The coaching staff looks forward to helping you reach your fitness and competitive goals – one block at a time!

**Kerry**

#### Inside this issue:

- 2008 team registration materials
- Holiday Party info and reservation form
- Special Thanksgiving message from a team member

## MEMBERSHIP RENEWAL

Your team and USMS membership expires on December 31<sup>st</sup>. Dues have been raised to \$225 for the year 2008 to meet rising costs. Among those costs was a \$5 increase in the dues for USMS organization included in each membership. Please fill in the attached forms and mail to Bosco with your check.

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. Please make it a priority to get your dues in on time.

The City of Walnut Creek is again offering a special Walnut Creek Masters rate for pool fees. Normally, an annual pool pass is \$768. However, as a Walnut Creek Masters member whose dues are paid in full, the rate is \$544. You will be able to purchase an annual pass at the front desk beginning on Monday, December 10<sup>th</sup>.

You must pay your team dues prior to obtaining an annual pass. A list will be given to the pool with all paid memberships listed. Please **do not include** a check for your pool pass with your team membership dues. This offer is only available through January 31<sup>st</sup>. Our thanks and appreciation goes to the Karen Heaston, Aquatics Facilities Manager, for making this possible.. When completing the membership application, please print legibly and be sure to **sign** the bottom of your USMS application.

Please consider making a donation to the team. Our team is a 501(c) (3) non-profit tax exempt organization (Tax ID#68-0038276). Any donation to the team, in addition to your dues, is tax deductible. Your support is important to our continued success.

## HOLIDAY PARTY TIME!

It's that time again. In this issue you will find the registration form for our annual Holiday Dinner Party.

The celebration will be held at the Civic Park Community Center, Walnut Creek, on Sunday, December 9<sup>th</sup>. The party will begin at 5:00 pm with hors d'oeuvres and a hosted bar. The dinner buffet will begin at 6:30 pm. There will be a brief, general membership meeting just before dinner. There will be a presentation of this year's awards during the dinner, along with a brief live auction and raffle.

### Some New Raffle Baskets

Donations to raffle baskets would be most welcome. The prizes are sought this year are:

#### *NEW YEAR'S EVE PARTY*

All the goodies for a New Year's Eve celebration. Ideas include noise makers, hats, glasses, napkins, plates, decorations, packaged foods (crackers, pate, spreads, dips), or whatever you think of.

#### *WINE AND CHOCOLATE*

This one is the usual.

#### *FAMILY FUN*

Games, toys, movie tickets, theater tickets, museum memberships, gift cards of all kinds.

#### *SPORTS*

Swim, golf, and other sports clothes and gear...also think shampoo, conditioner, lotions, sunscreen, and the like. Gift cards to Nor Cal and Sports Basement are always welcome.

Just give items to Kerry or one of the Coaches.

This is a great time to get together and see members of the team from other practices. It is also a good time to make new friendships while renewing old ones. The cost of the dinner is \$20 for persons 16 and over, and \$10 for children 12 and over. Children under 12 are free. **Reservations must be received by Wednesday, December 5<sup>th</sup>.** Reservation forms can be left at the pool or mailed to Bosco. If you have any questions, please contact Harold (Bosco) Boscovich @ (925) 820-4786 (home) or (925) 915-4786 (cell).

## **A Thanksgiving Message from a Grateful Swimmer**

I regained consciousness to a loud voice - "You had a problem while you were swimming! You're on your way to the hospital! They took good care of you!" Sure enough, there I was, in an ambulance taking me from Heather Farm to John Muir. I was wearing my swim suit, my left leg was numb, and I was trying to comprehend that this was really happening.

They rolled me into the Emergency Room and I listened closely as Kerry explained to the staff what happened. "He was swimming, stopped short of the wall, pulled up his goggles, passed out and began to sink. Somebody swimming behind him pulled him out of the pool."

Eight years ago this November, during a Saturday afternoon practice, an aneurysm in my brain ruptured.

After surgery, while attached to a room full of equipment, I had a lot of time for reflection. The EMT in the ambulance was right; I caused a big scene on the pool deck complete with seizures and vomit, and the team *did* take good care of me. Look around during your next practice and I'll bet you'll see doctors, fire fighters, police officers, nurses, and probably a handful of former lifeguards. You are surrounded by the kind of people who spring into action when they see trouble, and they did just that for me.

A nurse told me that it was a very good thing that I passed out where I did. So true. I could have been on a long bike ride, a run in the open space, or simply driving through the Caldecott tunnel on my way home from work. Instead, I was so close to the regional trauma center that I could actually see it from my lane.

After 6 hours of surgery that my neurosurgeons called "dicey" due to complications, they told me that if I wasn't fit from swimming the outcome would likely have been quite different.

The theme was clear. Swimmers, and swimming, literally saved my life 3 times over that day. And as important as that is to me, it isn't the point of my story.

I quietly practice near the wall, usually in the dark, very early in the morning. I'd competed in about 8 nationals and don't recall ever scoring a single point for the team. But none of that matters. The team was there for me and my family when we needed it.

It was swimmers that brought my car back to my house that day. I could see swimmers from that practice through windows around the hospital as I was being rolled from place to place. Swimmers sent a basket of candy to the room, which my wife donated to the grateful nurses that were taking care of me. Designer cookies were delivered from the "5:30 Girls" (I didn't give those away!). Most of my hospital visitors were from the team, and none of them mentioned that one of my eyes was purple and swollen shut, or the 10" of stitching around my half shaven head.

After returning home my weeks consisted of sitting in front of the window waiting for the mail truck to arrive. I'd gather up the energy to walk to the end of the driveway, pick up the mail, and return to my chair. My license was suspended, I couldn't focus long enough to read, and too much TV gave me a headache.

Walnut Creek Masters to the rescue again. When I was able, swimmers took turns coming by to take me to lunch. A swimmer brought by the best Thanksgiving turkey that I'd ever tasted. People took me to small team gatherings or over to their house to watch a game and have dinner. They took me to stores so that I could Christmas shop, and they took my son out to do things with their kids. I received "get well" cards from people across the age groups and practices, most of which from people that I didn't know.

While my memory from those days can be foggy, I clearly remember everything that was done on my behalf.

It's obvious to anyone who's aware of the growing list of championships that this is a very strong team. To me, however, that pales in comparison to the power this team shows when it has your back. That's because over time Kerry and his assistant coaches have built more than a team -- they've built a community. And I'm thankful to be a part of it.

- Dave Cool (5:30 & noon swimmer)

## 2008 WALNUT CREEK MASTERS MEMBERSHIP APPLICATION

Complete this and the USMS/PMS Applications and Sign the USMS Application *(Please Print Legibly)*

E-Mail Address		Mailing Address		
First Name	Middle Initial	City	State	Zip Code
Last Name		Home Phone	Work/Other Phone	
		( ) _____ - _____	( ) _____ - _____	
Sex	Date of Birth	Emergency Contact Name		Emergency Contact Phone #
Male _____ Female _____	Month / Day / Year			( ) _____ - _____
1-Year Regular Membership (January 1 <sup>st</sup> – December 31 <sup>st</sup> )		Regular Membership (Includes \$40 USMS/PMS Registration)		\$ 225
1-Year Local Associate Membership (January 1 <sup>st</sup> – December 31 <sup>st</sup> )		Attends less than 4 workouts/month (Includes \$40 USMS/PMS Registration)		\$ 115
1-Year Associate Membership (January 1 <sup>st</sup> – December 31 <sup>st</sup> )		Unable to attend workouts (Includes \$40 USMS/PMS Registration)		\$ 75
Voluntary Contribution (To defray budget costs including coaches' salaries and benefits)		WCM is a 501(c) (3) non-profit organization (Your donation is tax deductible) Tax ID # 68-0038276		\$ _____
<b>TOTAL ENCLOSED</b>				<b>\$</b>

<p><b>United States Masters Swimming, Inc.</b> <b>Pacific Masters Swimming, Inc.</b></p> <p style="text-align: center;"><b>2008 Membership Application</b></p> <p><input type="checkbox"/> Renewal 2007 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p><b>YOU MUST PAY TOTAL FEE OF \$40</b> (Fee includes: USMS = \$25, PMS = \$15)</p> <p><b>REDUCED END OF YEAR 2008 FEE \$30 if joining 9/1 - 10/31</b></p> <p><b>Full Fee 2009 Memberships accepted after 11/1/08</b> <b>Make check payable to Pacific Masters Swimming</b></p> <p><b>Mail to: Nancy Ridout</b> <b>580 Sunset Parkway</b> <b>Novato, CA 94947</b> <b>(415) 892-0771</b> <b>registrar@pacificmasters.org</b> Registration Expires 12/31/08</p>	<p><b>PLEASE PRINT CLEARLY.</b> Your name on this form and on meet entry forms must be identical.</p> <table style="width: 100%;"> <tr> <td colspan="2">Last Name</td> <td colspan="2">First Name</td> <td>Middle Initial</td> </tr> <tr> <td colspan="2">Mailing Address</td> <td colspan="2">Home Phone No.</td> <td>( ) _____</td> </tr> <tr> <td>City</td> <td>State</td> <td>Zip</td> <td colspan="2">Work Phone No.</td> </tr> <tr> <td></td> <td></td> <td></td> <td colspan="2">( ) _____</td> </tr> <tr> <td>Date of Birth</td> <td>Age</td> <td>Sex</td> <td colspan="2">e-mail address</td> </tr> <tr> <td>Month / Day / Year 19</td> <td></td> <td></td> <td colspan="2"></td> </tr> <tr> <td colspan="3">CLUB (Indicate Club affiliation or Unattached)</td> <td colspan="2">Today's Date</td> </tr> <tr> <td colspan="3"></td> <td colspan="2">Month _____ Day _____ Year 20 _____</td> </tr> </table> <p>"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."</p> <p>Signature _____</p> <p style="text-align: right;">I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/></p> <p>I wish to contribute to the following foundations <i>and have added the additional amount to my 2008 registration fees.</i></p> <p><input type="checkbox"/> \$1 or ( ) The US Masters Swimming Foundation.  <input type="checkbox"/> \$1 or ( ) Pacific Masters Swimming.  <input type="checkbox"/> \$1 or ( ) The International Swimming Hall of Fame.</p> <p style="text-align: right; font-size: small;">revised 10/01/2007</p>	Last Name		First Name		Middle Initial	Mailing Address		Home Phone No.		( ) _____	City	State	Zip	Work Phone No.					( ) _____		Date of Birth	Age	Sex	e-mail address		Month / Day / Year 19					CLUB (Indicate Club affiliation or Unattached)			Today's Date					Month _____ Day _____ Year 20 _____	
Last Name		First Name		Middle Initial																																					
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			Month _____ Day _____ Year 20 _____																																						

**Make checks payable to: WALNUT CREEK MASTERS and Mail to:**

**Walnut Creek Masters Membership, c/o Harold Boscovich, 211 Canfield Court, Danville, CA 94526**

Any questions regarding membership dues may be directed to Coach Kerry O'Brien or by calling Bosco at (925) 820-4786 (home) or (925) 915-4786 (cell)

## Holiday Dinner Party Reservation form:

Number of adults @ \$20.00 each \_\_\_\_\_

Number of children ages 6-16 @\$10.00 each \_\_\_\_\_

Number of children under 6 years of age (No Charge) \_\_\_\_\_

Name tags will be provided in order to help you identify your teammates and their family members and/or significant others/or guests we need to know the names of all in attendance.

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Name \_\_\_\_\_

Mail this form with your check payable to "Walnut Creek Masters" to:

Walnut Creek Masters  
c/o Harold Boscovich  
211 Canfield Court  
Danville, CA 94526



P.O. Box 8039  
Walnut Creek, CA 94596