

Walnut Creek Masters  
United States Masters Swimming  
2007

“TEAM OF THE YEAR”



# NEWSPLASH

November 2008

## COACH'S CORNER

### STROKE IMPROVEMENTS/LIFE ADJUSTMENTS

What follows here are the rantings of a coach with severe OCSD (obsessive compulsive swimming disorder), but who truly believes that the sound theories of swim mechanics are sometimes applicable to an improved “out of water” living experience.

“Directional Momentum” (DM) in “Stroke Mechanic” talk, we are referring to getting our hands and body moving in the direction we want to travel: forward. Some things that can inhibit this are a lateral swing in arm recovery, too much up/down body motion, and crossing over the centerline. Controlling DM in stroke and life begins with core balance. In swimming, control the hull of your boat in terms of ballast and pitch, and it is much smoother sailing. In the real world, if we can balance those issues that are at the core of our priorities with activities that interject amusement, entertainment, and such things as family reward, then we will continually be refreshed and energized to push forward.

A lateral arm swing recovery directs energy away from forward momentum, and usually creates over corrections that also reduce effectiveness. Try to identify those issues that could be considered lateral distractions that slow your forward progress by side-tracking your attention while attending to your tasks.

“Ride the Glide”: Swimmingly, once we have achieved adequate core balance, we can lengthen

our stroke and decrease our turnover without losing efficiency. Applying this theory on land can simply mean slowing our pace, and riding out one energy push a little longer without rushing into the next.

“Extend and Bend”: Stroke-wise once we have fully extended into our catch phase we want to isolate from fingers to elbow to get them facing back together in the pull phase as soon as possible. Life-wise what if we stretched some of our breaks (coffee break, meeting break, even weekends) a little, or allowed for more flexibility when it comes to decisions that don't affect life, limb or moral standing?

“Rock 'N Roll”: Once we set our catch, we want to connect it to the rotating down of the opposite hip to help drive the recovery hand forward and the pulling arm through. In world terms, rock 'n roll means, well, need I say more? Shoo-Bop! Shoo-Bop!

As I am writing this, I happen to notice that I am wearing my “Swim to Live-Live to Swim” t-shirt. My hope is that you too might have a slight case of OCSD, and find your own instances of life adjustments through stroke similarities. Because, if it was just swimming, they'd just be laps.

**Kerry**

## MEMBERSHIP RENEWAL

Your team and USMS membership expires on December 31<sup>st</sup>. Regular membership dues for the calendar year 2009 will be \$235. This includes membership fees for United States Masters Swimming and Pacific Masters Swimming. Please fill in the attached forms and mail to Bosco or drop off at the pool with your check.

Walnut Creek Masters is fortunate 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. We understand that in this year of difficult economic times there may be some members for whom it is difficult to pay the entire annual dues at one time. Please contact Bosco if you would like to make alternate payment arrangements.

The City of Walnut Creek is again offering a special Walnut Creek Masters rate for pool fees. Normally, an annual pool pass is \$720. However, as a Walnut Creek Masters member whose dues are paid in full, the rate is \$572. You will be able to purchase an annual pass at the front desk beginning on Monday, December 15<sup>th</sup>. The Masters Monthly pass is \$52.00 while the public rate for a monthly pass is \$68.00. A 15-punch pass is \$60.00. Daily admission is \$4.50.

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. In addition to any financial support you are able to provide please consider the gift of your time. There are many volunteer opportunities throughout the year. 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 14<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. (However, our primary annual meeting will be moved to early next year.) There will be a presentation of this year's awards during the dinner, along with a brief live auction and raffle.

### Raffle Baskets

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

### *HOLIDAY ENTERTAINING*

All the goodies for Holiday celebrations. Ideas: champagne, noise makers, party decorations, serving dishes, fancy foods, festive paper napkins, non alcoholic beverages, party games. 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.

The party is a great opportunity 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 6 and over. Children under 6 are free. **Reservations must be received by Wednesday, December 10<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).

## STAY TUNED FOR ANNUAL MEETING EARLY NEXT YEAR

As a tax exempt organization we are required to conduct an annual membership meeting. This meeting has typically been convened during our annual holiday party. While this practice has allowed us to meet our statutory requirements we have recognized the party environment is not conducive to conducting a membership meeting that is appropriate for an organization the size of Walnut Creek Masters. In order to meet our legal requirements we still need to have a very brief membership meeting during this year's holiday party.

Beginning next year we will be moving our annual meeting to early February, probably following a Saturday workout. Kerry and the team's board hope that by having a separate meeting there will be a greater opportunity to discuss the team's needs and collect ideas on how to make the team even better. Part of the meeting will be devoted to explaining ways in which members can contribute small amounts of their time to benefit the WCM community. You should be hearing more about this meeting early next year. Until then, please think of ways the team can improve and ways in which you might be able to support the team with your time.

## “AGING UP” FROM LANE 3

Your birthday happens every year. There might be the cake and some more candles but if you are a Masters Swimmer, every fifth birthday you have what every Master Swimmer feels is a huge bonus. You will “age up.” This means you hit a new age group in you competitive swimming. The implication is that now you will be the youngest in your age group and, therefore, have a better chance of placing higher in meets. This sounds logical; the youngest old fogie in the group equals a higher place, no problem.

In the old days I always felt that by the time I “aged up” to 60 or so, I would be king of my age group because all those other oldies would be cooling it, slowing down, dropping out due to age and infirmity, and you know, the “D” word.

It hasn't happened yet and I am 73. It seems like there are more and faster bodies now than ever in my age group and I am the one who is slowing down.

In a lot of ways it's not so bad. In the old days before a meet, I would work out extra hard, taper, shave, and so forth, and at the meet I would be uncomfortable and nervous and pee a lot before a race. I no longer get nervous at all, but still pee a lot, race or not. When you really age up the starting block seems like you're looking down from someone's roof. Getting up there can be a real problem. I usually hang onto the pipe structure behind the lane that holds up the awning. In our last meet I gratefully accepted support from a keen looking female timer. I would like to try that again. I guess I could start from the side or, God forbid, start from a push off in the water. No way! Just give me a hand up and make sure I face toward the water when the gun goes off.

I decided that aging up really had little to do with the competition with other anymore. It's the competition within you to keep going and keep practicing. It's a health thing more than competition. The prize is not the blue ribbon anymore but being there swimming or helping at the meet anyway you can. That's what Masters Swimming is all about. Enjoy the sport, the people, the moment because someday you won't be around to “age up”.

***Stan Pedder WCM Class of '78***



**2009 Walnut Creek Masters, USMS & PMS  
MEMBERSHIP APPLICATION**

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

First Name	Last Name	Initial
Sex Male ____ Female ____	Emergency Contact	Emergency Contact Phone #
1-Year Membership (January 1 <sup>st</sup> – December 31 <sup>st</sup> )	Regular Membership ( <b>Includes \$40 USMS/PMS Registration</b> )	\$ 235
Local Associate Membership (January 1 <sup>st</sup> – December 31 <sup>st</sup> )	Attends less than 4 workouts/month ( <b>Includes \$40 USMS/PMS Registration</b> )	\$ 125
Associate Membership (January 1 <sup>st</sup> – December 31 <sup>st</sup> )	Unable to attend workouts ( <b>Includes \$40 USMS/PMS Registration</b> )	\$ 80
Voluntary Contribution (To defray the cost of 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>		\$

<p>United States Masters Swimming, Inc. Pacific Masters Swimming, Inc.</p> <p align="center"><b>2009 Membership Application</b></p> <input type="checkbox"/> Renewal 2008 number if known: _____ <hr/> <input type="checkbox"/> New Registration <p><b>YOU MUST PAY TOTAL FEE OF \$40</b> (Fee includes: TISMS = \$25 PMS = \$15</p>	<p><b>PLEASE PRINT CLEARLY.</b> Your name on this form and on meet entry forms must be identical.</p>	
	<p>Last Name _____ First Name _____ Middle Initial _____</p>	
	<p>Mailing Address _____ Home Phone No. ( ) _____</p>	
	<p>City _____ State _____ Zip _____ Work Phone No. ( ) _____</p>	
	<p>Date of Birth _____ Age _____ Sex _____ e-mail address _____ Month _____ Day _____ Year 19 _____</p>	
	<p>CLUB (Indicate Club affiliation or Unattached) _____ Today's Date Month _____ Day _____ Year 20 _____</p>	
	<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>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 2009 registration fees.</i></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 align="right">revised 9/15/08</p>	

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 may be directed to Coach Kerry O'Brien or by calling Bosco at (925) 820-4786

## 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 \_\_\_\_\_

You may either drop this form and your check payable to "Walnut Creek Masters" off at the pool or mail to:

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



P.O. Box 8039  
Walnut Creek, CA 94596