



LANE LINES

Woodlands Masters Swim Team

DECEMBER 2014

CHRISTMAS PARTY AND ANNUAL MEETING

WMST members, spouses, and friends enjoyed dinner and socializing at the North Shore Club House on December 13. Thanks you to Nancy and Charlie Schuber for arranging the location. Thanks to Alana Wilson for organization and set-up. Thanks to Ted Eicks for smoking and carving a very big turkey.

The WMST Board of Directors of 2015 was elected. The board is pleased to welcome Nicole Ebert as a member-at-large. Returning Board members are Steve White, president, Tom Boak, Vice-President, Stacey Eicks, Secretary, Joann Leilich, Treasurer, Laura Davis, Coaches Rep, Tracy Schoemaker, Team Administrator, Scott Campbell and Alana Wilson, members-at-large.



Ted Eicks



Pat Norris

Pat Norris received the Volunteer of the Year award for his outstanding contributions in planning for the purchase and installation of the 2016 Olympic Trails Pool by WMST and TWST.

It was announced that the annual WMST Relay Meet will be January 31, 2015.

Don't miss this fun event. Also WMST will be hosting the Zone Long Course Championships at the NAT in July or August. Another chance for fun and good swimming.



Stacey Eicks, Joann Leilich, Steve White, Alana Wilson, Tracy Shoemaker, Nicole Ebert, Tom Boak (left to right)

Future Events

WMST Relay Meet - CISD Natatorium - January 31, 2015

DAM SCY Meet - Dallas, TX - February 28, 2015

USMS Spring Nationals - San Antonio, TX - April 23-26, 2015

South Central Long Course Zone Meet - CISD Natatorium - July or August 2015

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WELCOME NEW WMST COACH MEGAN DICKSON

Megan Dickson (Sobecki) graduated from Eastern Illinois University in 2007, with a degree in Sports Management with a minor in business. Coach Megan earned a swimming scholarship while attending Eastern Illinois. She held the 400 IM record and two relays. She first started coaching when she was 13 for a summer league team in Indianapolis, Indiana. Coach Megan joined Magnolia Aquatics Club in 2012 moving from Indianapolis, Indiana, where she was the Asst. Aquatics Director for the IUPUI Natatorium as well as the Head Age Group Coach for the Indy Dolphins. She was the Operations Man-

ager for big events such as, Grand Prix, NCAA's I, II, and III, Big East and various other events. While coaching for the Indy Dolphins she had 35 age group state qualifiers, 2 zone qualifiers, and 1 top 16 swimmer in his group in 2010.

Coach Megan has been with Magnolia Aquatics for three years. Coach Megan is the Head Age Group coach for Magnolia. She coaches the 11-12 Elite gold kids and the Pre National group. Currently, she has had many TAGS qualifiers and top 16 finalist.

In her spare time she enjoys spending time with her husband, Luke Dickson, training for Half Ironman's while competing at the elite level. She also enjoys eating healthy, going to the beach and being with friends. She currently swims with Woodlands Masters and is training for Masters nationals with her husband. She and her husband race for Vanguard Endurance Elite Athletes based out of Colorado.



SWIMMING IN ENGLAND

By Sabine Weiser

Before I get to the swimming part, I'd like to say that we enjoy living in the UK, but we are also very happy that we get to return! We live a bit west of London in some lovely countryside; on our doorstep there are rolling hills with fields and forests and villages crisscrossed by footpaths. On our trips within the UK we have looked for the monster of Loch Ness (didn't find it), dug for fossils at the "Jurassic Coast" of Devon (found some), dragged the stroller through the sand of the Kingdoms'

widest beach in Norfolk (not recommended), and hiked along the amazingly scenic coastal walkway in Cornwall (very recommended).

The UK is a great place to explore, but I find it not great for Masters swimming.

Full of enthusiasm I tried to find a pool: one was described as a 25-m pool with 6 lanes. Sounds good, doesn't it? What I encountered was a steep entry fee and a pool without lane ropes, full of senior ladies swimming breaststroke while chatting away. I tried again another day at a designated time for "lane swimming": this time the pool featured two lane ropes, dividing the 6 lanes into 3 double-wide lanes. Large signs instructed swimmers to choose their speed (slow, medium, or fast), get in the proper lane, and swim clockwise (!) over the whole double-lane. Apparently any attempt of

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freestyle qualifies the swimmer to be in the fast lane, and I found that lane full of “attempters”. You can imagine that any workouts there consist mainly of overtaking swimmers. The water temperature is very warm, a balmy 86 F; and not just in that particular pool. This is surprising because in general, the British seem undisturbed by the cold; they are amazingly bad-weather-proof. Of course they get acclimatized from a very young age. My son (6) plays soccer at school and so far, practice has never been cancelled. The kids play in shorts and t-shirt in typical English weather, which very often is a nasty, freezing drizzle. The British parents, wearing their waterproof coats, happily chat in the cold and the rain, walking around the muddy, soggy field in their “wellies” (rubber boots) not at all concerned about their cold children. But this hardiness clearly doesn’t extend to swimming: they prefer their pools warm.

You may wonder about Masters teams over here: yes, there are some. In the beginning I joined Guildford Masters Swimmers, a big group with many workouts per week, but unfortunately a bit far away. Their training times are early in the morning (but not early enough to be home in time to get my son ready for school) and late at night. I quickly realized that with a small child, a husband who travels a lot and a baby on the way, I couldn’t make their workout times. There is no Masters group anywhere at all with training times during the day.

Considering that Masters swimming seems to be a rather small affair over here, it is quite amazing that the local Leatherhead Swimming Club just opened a Masters group this September. We swim once a week (yes only once and in very warm water) – every Wednesday 8:30-9:30 pm. We all understand the preciousness of this one workout per week and stand completely ready by our lanes a few minutes before starting time. It seems a bit desperate, it is almost funny. Training once a week would be almost okay if it was consistent, but Masters teams here only exist during school time and completely dissolve for school holidays. That means, 4 weeks off for Christmas and then re-register, 3 weeks off for Easter and then re-register, and then some terribly long 8 weeks off for summer holidays...



Which leads me to the picture: there you can see my “summer training pool”. I use a swim belt and a large portion of enthusiasm and try to swim every day. My workouts look like this: 200 strokes free, 50 strokes breast – repeat ... Couldn’t be more boring.

I was so very fortunate to join you for a few workouts in October! While living in The Woodlands it didn’t seem extraordinary to me to be able to swim pretty much when I wanted, in a pool with proper lanes, to have coaches on deck who’d give challenging workouts, and to share in these workouts with a great group of people. But now over here, struggling to get to swim at all, I truly understand how special you all are because you make up that wonderful swim team that I really miss.

Happy Holidays to you and your families from Sabine.

WELCOME TO NEW WMST MEMBERS

.Jessy Abi-Saab
Dani Aracema
Kim Biggerstaff
Isabelle Bonis

Lana Groetsch
Allison Lay
Sarah Lundberg
Raul Luzardo

Michelle Maggert
Rusty Ramsey
Jon Rhodes
Mary Sowell

Kristi Winfree
Jing Yang

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NEW POOL REPORT

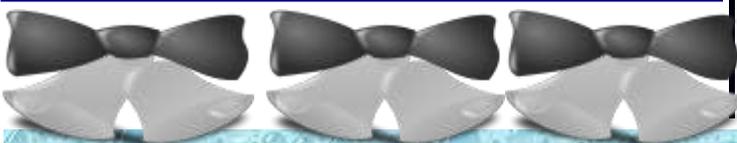
By Bob Leilich

The project to bring the 2016 Olympic Trial Pool to The Woodlands is continuing to move ahead. Pat Norris completed outstanding work preparing a conceptual layout for placement of the pool and ancillary facilities. The estimated capital and operating budget are nearing completion, a draft term sheet is in progress, and negotiations with the Township are moving ahead. The committee has also engaged the services of The Fundraising Resource Group, of Vero Beach, Florida, to help put together material highlighting the merits of the project to WMST, TWST, and the community and for use in fund raising. The committee's goal is to formally submit a detailed proposal to the Township for an acceptance vote in February or March at the latest.

CONGRATULATIONS ALANA AND JACOB

October 18, 2014 - Saints Simon & Jude Catholic Church and Woodlands Resort

Alana says, "... we are an example of WMST match-making at its finest as Tom & Carolyn and Ross & Laura had a great deal to do with setting us up together and we wouldn't be here without them!"



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NOVEMBER CLASSIC

On November 8 and 9 WMST hosted over 100 swimmers from across the state at the 4th Annual November Classic SCM Swim Meet. Unfortunately Interstate 45 was closed for work on the fly-over at Route 242 causing the feeder road to move at a snails pace from Woodlands Parkway past the CISD Natatorium. In spite of the lighter number of swimmers and the uncertainty of late arrivals, 36 swimmers set new meet records. WMST swimmers setting meet records are listed below. The entire list of meet records can be

Swimmer	Record Events
Jonathan Armstrong	50 Fly
Bob Bailie	200 Free, 400 Free
Bill Bass	100 Breast. 200 Breast
Tom Boak	100 Back, 50 Breast
Sandy Cattarin	50 Free, 50 Fly
Laura Davis***	50 Breast, 100 Fly, 200 Fly***
Nicole Ebert	50 Fly
Hershel Glanz	100 Back, 200 Back, 200 IM
Joann Leilich	400 Free, 50 Breast,
Ellen Considine-Miller	50 Breast, 100 IM
Bruce Rollins	100 Free 200 Free,
Jonathan Armstrong, Bruce Rollins, John Hardin, Ross Davis	200 Freestyle Relay

***Congratulations Laura on breaking your former records

accessed on the WMST webpage. Why swim "meters?" Meters are the international distance for swimming. Only in the US are yards contested in the pool. When USMS was founded there were not many SCM pools in the US. Today with movable bulk heads, the distance is becoming more popular in the US. When competing in meters International rules to determine the age of the swimmers and relays are used. The swimmer's age is his/her age on December 31 of the year. Relay ages are determined by "the sum of the ages" of the swimmers on the relay. Yards relay ages are determined by the youngest swimmer on the relay.

Happy Birthday

January

6 Ava Henry-Chow
Charlie Schuber
7 Dave Smallye
8 Andrea Morton
Nathan Robson
10 Ted Eicks
12 Christy Castillo
John Clark
13 Sara Bany
15 Joann Leilich
18 Jon Rhodes
19 Erin Peebles
23 Cindy Ponton
24 Mikey Benes
Janis Gebhart
26 Michelle Maggert
27 Len Gerlowski

February

1 Lisa Murphy
3 Toni Tetreault
4 Isabelle Bonis
Keilan Freeman
5 John Hardin
Lisa White
7 Michael Young
8 Scott Campbell
Bob Leilich
10 Dani Aracema
11 Sarah Lundberg
12 Bud Cave
Louise Longbottom
Tracy Shoemaker
15 Bill Bass
Waild Ben Ismail
22 Mary Sowell
Kelly Strachan
25 Lindsay Germano
Tom Long

March

1 Radolfo Kaufmann
4 Quinn Walkley
8 Gerry Leutner
Daniel Meyer
13 Cathy Barron
Blythe Shoemaker
14 Jane Gerlowski
16 Alan Jaax
22 Lourdes Flanagan
24 Susan Wellborn
25 Katie Huff
Sabine Weiser
29 Tommy Rice
31 Brian Perry



A number of good looking friends celebrate with Alana and Jacob at the Woodlands Resort in October.

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