



LANE LINES

Woodlands Masters Swim Team

First Quarter 2016

FROM THE PRESIDENT

STACEY EICKS - (*stacey.eicks@gmail.com*)

Hope this newsletter finds all my fellow WMST'ers in good health and winding down from happy holidays. It is an honor to be serving as the 2016 President of this truly traditional club, and I look forward to the year ahead. Borrowing from a USMS training article, this is a New Year with lots of "New Opportunities" for me, my fellow board members, our team, and team members. That article outlines techniques toward staying on track:

1. *Think Big, Plan Small;*
2. *Resolve to Have Fun;*
3. *Make the Commitment;*
4. *Monitor and Support Your Progress; and*
5. *Enjoy Your Success.*

I can relate to all five and particularly like 2, 3, and 5. Which do you relate to? How can you apply those techniques to your membership on the team, your personal desires for fitness, health or competition? Personally I would hope to see each member take on a "New Opportunity" with WMST – swim in a meet if you never have before or volunteer to support one of the meets hosted by WMST. The WMST 2016 Relay Meet is on Saturday, January 30th - it is a fun, relaxed 25 yard relay meet. Think of that first WMST hosted meet as an opportunity to put one of the five techniques into action: Think Big - Make the Commitment to sign-up and swim or time; Plan Small - if this is new for you, sign-up for one or two relays; Resolve to Have Fun - invite your lane mate or a friend to swim or volunteer. In closing, I have made a commitment to serve the members of this team and want you to contact me with "New Opportunity" ideas or questions about how you can support our team's progress or if you notice me missing something (and trust me I will!).

2016

Board of Directors

President
Stacey Eicks
Vice President
Alana Wilson
Past President
Steve White
Secretary
Anne Kozak
Treasurer
Joann Leilich
Coach's Reps
Carolyn Boak
Laura Davis
Team Administrator
Tracy Shoemaker
Directors at Large
Ted Eicks
Francisco Godoy
Newsletter Editor
Joann Leilich

Future Events

WMST Mini Clinic, CISD Natatorium 11:00 -12:15, January 9, 2016

*******WMST Relay Meet, CISD Natatorium - January 30, 2016*******

Sweetheart Meet, Houston, TX - February 13, 2016

South Central Zone SC Championships, Frisco, TX - April 10-12, 2016

USMS Spring Nationals, Greensboro, NC - April 28 - May 1, 2016

Summer Sizzler, Houston, TX - June 26, 2016

South Central LC Zone Championships, College Station, TX - July 29 - 31, 2016

USMS Summer Nationals, Gresham, OR - August 17-21, 2016

SPOT LIGHT ON WMST SWIMMER

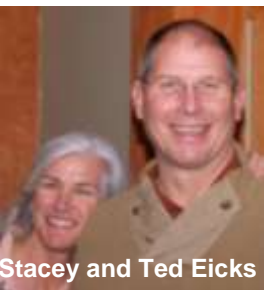
Anne Kozak

The WMST Board of Directors welcomes Anne as team secretary beginning in 2016. Anne joined WMST in 2007. She was interested in swimming with the Masters after seeing them practice at the WAC. WMST is fortunate she made that decision. Anne has been a swimmer all her life, starting as a youngster riding her bike with friends to spend the day at the community pool in Dearborn, Michigan. She did some "water ballet" growing up, but no competitive swimming.



Anne and her husband, Bob, moved to the Houston area after Hurricane Alicia which hit the area in August 1983. Alicia was a category 3 storm causing \$2 billion in damage in East Texas. Following the destruction left by Alicia, Bob's brother came to the area for construction work and found it quite profitable. He then encouraged Bob to join him. The two brothers ran a successful construction firm in the area for many years. Anne had no problem finding employment as a pharmacist in Houston after graduating from the University of Michigan. She still practices her profession at the Houston North West Medical Center, a well known and respected hospital in North Houston.

Anne and Bob have been married 32 years and raised two children. Their 27 year old daughter, Leah, graduated from the University of Texas in 2012 and lives and works in the area. She participated in swimming with the Oak Ridge Otters and now swims with WMST. Their 23 year old son, Joey, a recent graduate of Trinity University, lives in Houston and is helping out with the new family business, a recently opened Jet's Pizza location in Tomball. Both Bob and Joey are working to grow the new business.



Stacey and Ted Eicks

WMST CELEBRATES THE HOLIDAYS

A big thank you to Nancy Schuber for hosting WMST's annual Christmas party at the East Shore Club House again in 2015. About 50 members, relatives, and friends enjoyed good food and fellowship. The annual volunteer and president's awards were presented to Ted and Stacey Eicks. Steve White received a hand crafted chest set as a thank you for five years of service as President of WMST.

Francisco is overwhelmed by the appetizers.



Old friends visit



WMST coaches are a fun and varied group

THE COACH'S CORNER

WMST suggested New Years resolutions
From Steve White



I will allocate time every day for personal health and fitness.

I will be open-minded. Never say, never.

I will focus on the long term even when trying to achieve in the short term.

I will constantly challenge myself and my lane mates.

I will adopt the D.R.A.M.A. approach "Do, Record, Analyze, Modify, Act"

I will swim in the Woodland's Relay meet Jan 30 (funest meet all year)

I will understand that swimming is a two way process:

The athlete feels but can't see, the coach sees but can't feel.

I will embrace effective change.

I will work on the things that I keep telling myself I suck at.

I will make this the year a go injury-free year.

I will bring water or hydration drinks to practice and drink them.

I will lead the lane more often.

I will learn to read a clock, so that I don't have to make up times when the coach asks.

WELCOME TO NEW WMST MEMBERS

Chapman Baetzel

Bret Bietila

Karen Bietila

Ginger Boswell

Shannon Casey

Abigale Darnell

Bryan Davey

Meghan Freeman

Melanie Gray

Max Gray

Mark Hanlon

Heather Henley

Sharon Hollis

Marco Leijnse

Chad LeJeune

Dave McLellan

Maggie O'Brien

Kevin Puskaric

Santiago Ramirez-Vargas

Dan Seliskar

Tim Smart

2015 November Classic - Annual SC Meters Meet

The meet was successful financially and produced some record breaking swims; however, it was lacking in team participation and WMST volunteers (timers, awards, check-in, etc.). New USMS rules put into place this year make it necessary to have additional backup timers in the event that electronic systems fail. In the events where potential records could be broken, three backup timers are needed to validate the time. Looking forward we will need our teammates to step up in making our hosted meets the best in the Gulf. We need you more than ever to help make our meets a success.

This year the North Texas Lone Stars (NTXL) attended the meet with a plan to set National Relay records, and they were very successful. Seven ladies from the NTXL combined to set five National Relay records. The WMST Mixed 280+ Free Relay (Bruce Rollins, Joann Leilich, Mary Ann Hines, Bob Bailie) is hoping for All American status in 2016 with the time of 2:24.44.

David Guthrie of Rice Aquatic Masters set National records in the 50 Breaststroke (30.41), 100 Breaststroke (1:07.25), and 200 Breaststroke (2:27.00). It was exciting to watch David swim the breaststroke.

The combined team scores were close with WMST placing first over North Texas Lone Stars by only four points. This is somewhat surprising as of the 127 entries, only 21 were from WMST. A total of 87 individual meet records were set. WMST swimmers setting meet records were: **Melanie Sellers**, 100 Butterfly; **Joann Leilich**, 400 Freestyle and 200 Breaststroke; **Jonathan Armstrong**, 1500 Freestyle; **Bruce Rollins** 50 Freestyle and 50 Breaststroke; **Bob Bailie** 50 Freestyle, 100 Freestyle, 50 Butterfly, and 100 IM. The meet records may be viewed on the WMST website.

In 2016 WMST will host the November Classic on November 12th & 13th. Please help our Meet Director, Steve White, by planning to swim and/or volunteer next year.

Happy Birthday

February

4 Isabelle Bonis
 5 Zane Corbin
 John Hardin
 Lisa White
 7 Michael Young
 8 Scott Campbell
 10 Dani Cortez Aracema
 11 Sarah Lundberg
 12 Bud Cave
 Louise Longbottom
 Tracy Shoemaker
 15 Bill Bass
 15 Walid Ben Ismail
 17 Robert King
 Diane Williams
 25 Lindsay Germano

March

4 Lisa Colvin
 8 Daniel Meyer
 14 Jane Gerlowski
 16 Alan Jaax
 17 Ginger Boswell
 22 Lourdes Flanagan
 24 Susan Wellborn
 25 Katie Huff
 Sabine Weiser
 28 Heather Henley
 29 Tommy Rice
 31 Brian Perry



April

2 Mark Hanlon
 3 Charles Hendricks
 Benjamin Melancon
 4 Carol Mitsuda-Bagnall
 5 Chapman Baetzel
 David LeBlanc
 7 Tim Vibrock
 8 Sharon Jones
 9 Sean Easton
 11 James Barolak
 12 Dana Sutter
 16 Deanna Katri
 18 Kelley Bartek
 Jing Yang
 20 Alana Wilson
 21 Darrell Rose
 25 Kelley Golden
 26 Baker Shannon
 30 Greg Usher