

Water Power Gazette

<http://www.niagaramasters.org>
<http://www.usms.org>

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Chairman's Update By Dan Kornblatt



Looking into Fall

Hi everyone. Hope all of you had a great summer despite some trying weather. We have a very active schedule for the 2004-5 SCY season. Ithaca will be holding their annual Fall Meet on Nov 21. There will be meets in Syracuse, Canandaigua, and the NY State Championships in Binghamton this spring. Please consult the calendar in this and future WPG editions.

Swim against the Big Guys

Out of the district, the Colonies Zone SCM championships will be held at Wheaton Collage, MA Dec 4-5. The Colonies Zone SCY Championships will be held at George Mason Univ in Fairfax VA April 22-24. SCY Nationals are at the Hall of Fame Pool in Ft. Lauderdale FL May 19-22.

Word from Above

At the recently held USMS Convention in Orlando there were some major changes voted in by the delegates. The Board of Directors and the Executive Council are in the process of being reduced in number and reorganized to provide more efficient workings. A more noticeable change will be in our USMS Magazine, Swim. Effective in 2005, USMS will not be renewing the contract with Sports Publications Inc. The new publisher will be Douglas Murphy Communications Inc. DMC is a "contract publisher" specializing in not for profit organizations such as USMS.

Currently \$8.00 of our \$30 annual dues goes to Swim, which than rebates 3% of advertising revenues to USMS. Under DMC, USMS will also pay \$8.00 per subscription but will receive back 75% of advertising revenues and will own all rights to stories and pictures which is currently not the case. DMC assured the convention that they will be offering an expanded and livelier magazine covering our sport.

Rotating NYS Championships

The Chairs of the three NY LMSC's got together and decided to rotate the annual SCY Championships between the districts annually rather than every two years. Metro will try to host the 2006 meet at West Point, allowing Upstaters to attend without driving into the NY City area. This season's meet in Binghamton will be a two day meet similar to the recently held ESG's with a mid-day start on Sat and an early afternoon finish on Sunday allowing for only one overnight for most swimmers. The date will be set in the next issue of the WPG.

Exercise Pays

Lastly, ever wonder if swimming is worth the effort? At this past SCY Nationals held in Indianapolis, Dr. Joel Stager of Indiana University tested 200 swimmers at the meet. While the results cannot be published due to the method of collection, the findings were very noteworthy. As the age groups got older, the difference between masters swimmers and "normal people" became larger and larger. The masters did much better in all area such as body mass indexes, aerobic capacity, strength, cholesterol levels, and much more. The Sports Medicine Committee has recommended to finance Dr. Stager to continue his research so it can be published in the future. Fast swims to all of you. Dan



MASTERS WORKOUTS IN NIAGARA DISTRICT

Rochester Area Masters Swimming (RAMS)

Lorie Rick, Coach 585-442-1770 X3075,
lrick@harleyschool.org
Wed & Fri 5:45 - 7:00am, Tues & Thurs 8:00 -
9:30pm at The Harley School
Sat 6:00 - 7:30am, Sun 7:30 - 9:00am at RIT

Syracuse Chargers Masters Swim Club (SMSC)

Tim Conan, pres - TJC@CCF-law.com ph. 315-
422-1152

Mon-Fri 5:30-7pm SU Women's Bldg Pool

Binghamton Univ Masters Swimming (BUMS)

Dan Kornblatt, 607-692-7428,
dannyswims@aol.com
Mon, Wed, Fri 6-7:15am; Sat 7:30-9am

Cornell Masters, Cornell Univ (CORN)

DeenaCrossmore,607-273-5411,
DGC500@aol.com
Mon-Fri 12:15-1:30pm; Sat 3-5pm; Sun Noon-2pm

Canandaigua Masters (CDGA)

Laura Love, Coach 585-398-2232
Lynn Fuller, Coach 585-394-2949,
lffeee@ritvax.isc.rit.edu
Mon, Tues, Thur, Fri 8:30-10pm

Nickel City Splash, Univ of Buffalo (NICK)

Andrea Gomez, (716) 832-6075,
ondrayag@aol.com
Tues & Thur 5:30-7:00am, Sat 7:00-8:30am
www.wings.buffalo.edu/org/nickelcity

Buffalo Area

Northeast YMCA, 4433 Main St, Snyder 14226
Rick Marable (716)836-0041
M, W & F 6-7:15 AM

Amherst Masters Swim Team

Heim Middle School, Williamsville 14221
Cheryl Banks-Marron (716)634-8313
M, W & F 6-7 am

Johnson City YMCA Masters

Peter Peguero, 607-770-9868, pepeguero@aol.com
Mon & Wed 8:30-10pm, Sun 10:30-12Noon

Hamburg (HOPS)

Wendy Ryan 716-648-6849, WRHOPS@aol.com
Hamburg Middle School - Mon & Wed 6:30-8pm
Hamburg Senior High - Sun 12-1:30pm

Ken-Ton YMCA (KENT)

Jeff Klin (716) 874-5051
Mon & Wed 8-9:30pm; Fri 5-6:30pm

Univ of Rochester Masters

Eric Stefanski, 585-275-9469
Tues & Thur 7-8:30 pm, Sun 9-11am

Ithaca YMCA Masters (ITHY)

Kevin Valley, Coach, 607-844-3040
Shelly Matheny, Coach, 607-844-4181
Mon only 7-8:45 pm (YMCA phone 607-257-1010)

Auburn YMCA

Jennifer Walter, Coach 315-253-5304
Mon & Wed 6:30 - 7:30AM

McMasters, Cortland YMCA (CORT)

Dan Mcneil, 607-756-7030, dfmcneil@twcnny.rr.com
Wed only, 5:00-6:30 pm

Skaneateles Masters Swim Club (SKAN)

Contact: Carol Stokes-Cawley, Stocaw@aol.com,
Sharon Slater, 315-685-3353.
Mon, Wed, Fri 5:30am-7am

Maverick Masters Swim Club (MMSC)

Daniel Dubois, ddubois@monroecc.edu, 585-292-2846
MCC Pool, Rochester, Tue/Thur 6-7:30 AM,
Sunday- 8-10 AM

Letchworth Masters Swimming (LETC)

Letchworth Central School M,W,F 7:15-8:15pm
Ann Marie Crye, amgorski@letchworth.k12.ny.us

Contact the Editor with any
corrections or additions.

Call ahead before going to any of these
practices
since workout times may have changed.

Pauline Dittman passed away Sept 15 in Gaithersburg Md. She was 87 years old. Pauline started swimming masters at age 70 with the Rochester "Carps". Along with her late husband Fred, Pauline won many races and gold medals at local meets and Empire State Games throughout the 80's and 90's.

7th Annual Ithaca Masters Meet at Ithaca College

Sponsored by the Ithaca College Swim Team and Sanctioned by Niagara District Masters Swimming for USMS, Inc.
Sanction # ND04-03

Date: Sunday, November 21, 2004. Warm-up start at 9:00am, meet starts at 10:00am
Location: The Hill Center Pool at Ithaca College, Ithaca, New York. The pool is a six lane, 25-yard facility with a full readout Colorado Timing System, and Competitor 6" Gold Medal lane lines.
Meet Director: Kevin Markwardt, Hill Center, Ithaca College, Ithaca, NY 14850, (607) 274-3181, Kmarkwardt@ithaca.edu
Eligibility: Open to all registered USMS/CASA swimmers 19 years of age and older as of 11/21/04
Fees: \$20 per swimmer. Includes 5 individual events and relays. Results will be mailed for additional \$4. Deck entries will be accepted. Deck entry fee \$24.
Entries: All entries must be received by the Meet Director by Monday, November 15th, 2004.
Check In: Events 400 yards or longer, and all relays, require check-in and will be deck seeded.

NAME _____ USMS/CASA# _____

ADDRESS _____

SEX ____ AGE ____ Date of Birth _____ Phone(H) _____ (W) _____

Event#	Event Name	Seed Time	Event#	Event Name	Seed Time
1.	200 Medley Relay	_____	11.	100 Butterfly	_____
2.	200 Freestyle	_____	12.	50 Backstroke	_____
3.	100 Ind. Medley	_____		10 Minute Warm-up	
	10 Minute Warm-up		13.	100 Freestyle	_____
4.	100 Backstroke	_____	14.	200 Ind. Medley	_____
5.	50 Freestyle	_____	15.	50 Breaststroke	_____
6.	200 Butterfly	_____		10 Minute Warm-up	
	10 Minute Warm-up		16.	200 Backstroke	_____
7.	100 Breaststroke	_____	17.	50 Butterfly	_____
8.	400 Ind. Medley	_____	18.	200 Breaststroke	_____
9.	500 Freestyle	_____		10 Minute Warm-up	
	10 Minute Warm-up		19.	1000 Freestyle	_____
10.	200 Free Relay	_____			

Entry Procedures

Please send entry form to the Meet Director (address listed above). Include the following with Entry Form:

- A photocopy of your USMS/CASA Registration
- A check or Money Order, payable to Ithaca College
- A signed Waiver Form (see below)

Waiver

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 the USMS.

Signature of Participant: _____ Date: _____

NEWBIES Jun-Sep

Name	Sex/Age	City
Nathan Andrews	M / 27	Syracuse
Paul Bardotz	M / 53	N Chili
Caryn Crook	F / 36	Cortland
Ellie Crow	F / 32	Rochester
Richard Davis	M / 63	Rochester
John Fisher	M / 54	Rockwood
Linda Graham	F / 50	Hunt
Gregory Gray	M / 35	Mendon
Donna Hilborn	F / 57	Henrietta
Donna Hofsess	F / 61	Rochester
Carolyn Jaeger	F / 58	Rochester
Thomas Jaeger	F / 58	Rochester
Leslie Kotalik	F / 26	Pittsford
Ken Kuriscak	M / 27	Niagara Falls
Susan MacGilvray	F / 52	Spencerport
Andrew Rice	M / 36	Canandaigua
Matthew Roberts	M / 26	Rochester
Donald Shea	M / 53	Rochester
Janet Sudol	F / 55	Rochester
Ronald Sudol	M / 55	Rochester
Cortney Underwood	F / 23	Bloomfield
Meg Upson	F / 62	Rochester
Carey VanZandt	F / 32	Naples
Elizabeth Watkins	F / 55	Rochester
Bernadette Weider	F / 59	Rochester

AGE UPS Oct-Dec

Name	Sex/Age	Month
Cindy Dunn	F/45	Oct
Jim Matysek	M/45	Oct
Frances Kessler	F/65	Oct
Jasper Shealy	M/65	Oct
Joseph Coss	M/95	Oct
William Weber	M/75	Oct
Mary Adams	F/50	Oct
Patricia Pagliarulo	F/55	Nov
HuiJue Cai	F/25	Nov
Donald Tucker	M/50	Nov
Sue Marvel	F/85	Nov
Dana Woody	F/35	Nov
Celia Applegate	F/45	Nov
Dennis Cabrey	M/55	Nov
Daniel Boyd	M/35	Nov
Amy Richardson-Hurta	F/35	Dec
Jon Gallinger	M/45	Dec
Regina Purvis	F/85	Dec
Tanya Lader	F/45	Dec
Scott Kosten	M/35	Dec

Registration News:

We now stand at 486 members, still ahead of last year. The start of the new swim year is at hand (November 1st). Therefore, if you have any friends about to become new members, have them hold off sending in a form until Nov 1. Beginning then, the \$30 dues will get them a membership until December 31, 2005. The 2005 Niagara registration form is available on-line at the Niagara website, www.niagaramasters.org. Print off a few for your swim group.

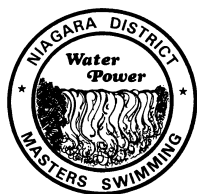
PLEASE DON'T USE THIS FORM TO RENEW. WAIT UNTIL THE NEXT NEWSLETTER IN DECEMBER WITH YOUR PERSONALIZED REGISTRATION FORM.

Thanks loads,
John

New District Records *Mark Mallis***NY Empire State 2004 Summer Games - Owego (SCM)**

Women						
Swimmer	Age Group	Event	Time	Previous Holder	Time	
Laura Lincoln	W19-24	1500 Free	21:58.36	----	----	
Laura Lincoln	W19-24	400 IM	6:25.66	----	----	
Heather Erickson	W25-29	400 Free	4:58.52	Francesca Crannell	5:00.96	
Heather Erickson	W25-29	100 Back	1:15.26	Dana Woody	1:19.58	
Heather Erickson	W25-29	50 Fly	0:32.61	Jacqueline Wright	32.91	
Elizabeth O'Sullivan	W45-49	50 Free	0:31.05	Patricia Pagliarlo	33.48	
Elizabeth O'Sullivan	W45-49	200 Free	2:40.73	Carol Belva	2:41.99	
Elizabeth O'Sullivan	W45-49	50 Fly	0:37.26	Jill McCarthy	45.17	
Amy Johnson	W60-64	50 Breast	0:53.49	Janet Steck	1:05.28	
Amy Johnson	W60-64	100 Fly	2:01.07	----	----	
Stefanena Kysor	W75-79	50 Back	0:58.63	Sue Marvel	59.13	
Stefanena Kysor	W75-79	100 Back	2:06.46	Sue Marvel	2:07.14	
Stefanena Kysor	W75-79	200 Back	4:27.81	Sue Marvel	4:44.03	
Stefanena Kysor	W75-79	100 Breast	2:34.81	Annelisa Eibl	2:48.43	
Stefanena Kysor	W75-79	100 IM	2:29.21	----	----	
Annie Szuis	W85-89	50 Free	1:14.10	----	----	
Annie Szuis	W85-89	100 Free	2:45.88	----	----	
Annie Szuis	W85-89	200 Free	5:36.33	----	----	
Annie Szuis	W85-89	400 Free	11:48.22	----	----	
Purvis	W85-89	50 Back	2:04.41	----	----	
Annie Szuis	W85-89	100 Back	3:22.86	----	----	
Annie Szuis	W85-89	50 Breast	1:44.65	---	---	
Men						
Swimmer	Age Group	Event	Time	Previous Holder	Time	
Michael Callahan	M19-24	50 Free	0:25.00	Eric Capalupo	0:25.02	
Michael Callahan	M19-24	100 Fly	1:02.62	Eric Capalupo	1:05.94	
Chris Beardsley	M30-34	400 IM	6:05.46	Dan Murphy	6:24.96	
Dan Johnson	M40-44	50 Free	0:26.66	Tom Ralph	26.91	
Dan Johnson	M40-44	100 Free	0:58.59	Karl Joyce	1:00.50	
Mark Masler	M40-44	200 Fly	3:52.43	---	---	
Gordon Benninger	M45-49	1500 Free	21:15.88	----	----	
Rory Gumina	M45-49	100 Back	1:16.96	Randy Magin	1:18.51	
John O'Brien	M45-49	100 Fly	1:09.69	Robert Baker	1:09.99	
John O'Brien	M45-49	100 IM	1:10.50	Thomas Ralph	1:11.28	
Bill Beardsley	M50-54	400 Free	5:22.04	Dennis Matyko	5:35.84	
Stephen Paushter	M50-54	800 Free	11:33.73	Dennis Matyko	11:50.70	
Bill Beardsley	M50-54	1500 Free	21:19.75	Peter Lauer	23:32.93	
Jack Altdoerffer	M50-54	50 Back	0:30.28	Don Trombley	36.59	
Jack Altdoerffer	M50-54	100 Back	1:06.32	Dan Kornblatt	1:20.72	
Bill Beardsley	M50-54	200 Back	2:59.26	Don Trombley	3:18.64	
Stephen Paushter	M50-54	100 Fly	1:24.77	Timothy Dwan	1:49.31	
Dave Worrall	M50-54	200 IM	3:14.86	Philip Iorio	3:43.63	
Dan Kornblatt	M55-59	50 Free	0:29.44	Don Blake	31.31	
Dan Kornblatt	M55-59	100 Free	1:05.16	Don Blake	1:10.18	
Dan Kornblatt	M55-59	100 Back	1:20.30	Philip Iorio	1:54.46	
Dan Kornblatt	M55-59	200 IM	2:51.89	Stan Hattman	3:20.30	
John Hodgson	M70-74	50 Back	0:41.29	Don Agate	41.91	
Jack VanLandingham	M70-74	50 Breast	0:42.88	George Mcvey	0:46.11	
John Hodgson	M70-74	50 Fly	0:42.40	Jack Howell	46.75	
John Hodgson	M70-74	100 IM	1:35.38	Herman Forest	1:55.66	
Dan McNeil	M80-84	100 Breast	3:30.99	---	---	
Dan McNeil	M80-84	200 Fly	11:06.67	---	---	
Dan McNeil	M80-84	400 IM	15:59.21	---	---	

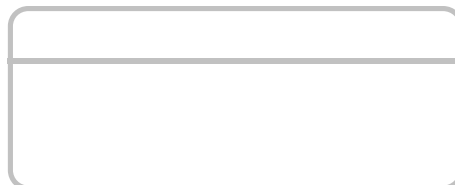
Please note any errors or omissions and let me know at 585-381-7828 or email : mmallis@rochester.rr.com Mark



Niagara District Masters Swimming
 John E Pilger, Registrar
 2125 Masters Rd
 Marcellus, NY 13108-9630

Check out what's inside...

- Chairman's Update
- Ithaca College meet sheet
- Latest Niagara Records



Fall 04

Niagara District Calendar

DATE	SITE	HOST	VENUE	CONTACT
Nov 7	Hartwick College	Hartwick Coll Swimming	SCY	bobverna@wpe.com 607-829-8785
Nov 14	Kingston Military Commty Ctr	Kingston Mast Aquat Club	SCM	www.kingstonmasters.net/meet.htm
Nov 21	Ithaca College	Ithaca Coll Swimming	SCY	Meet sheet in this issue
Nov 27	U of Ottawa, Montpetit Hall	Technosport Ottawa	SCM	Duane Jones <coach@technosport.ca>
Dec 3-5	Wheaton Coll. Mass		Zone SCM	Ed@greatbaymasters.org
Jan 15	Syracuse U Mens Gym	Syr Chargers Masters	SCY	Check Niagara website
Feb 2005 TBA	Canandaigua H S	Canandaigua Sawbellie	SCY	Check Niagara website
Apr 9-10	SUNY Binghamton	BUMS	SCY	Check Niagara website
Apr 22-24 2005	George Mason Univ		Zone SCY	Check USMS website
May 19-22 2005	HOF Pool, Ft Lauderdale		Nationals SCY	Meet Sheet in Winter Swim Magazine

Make your community healthier. Take a friend or neighbor to your next workout.