

WATERLINES

Swim Meets

Cedar Rapids at COE

Masters State Meet
Sunday, April 21, 2002
Warm-Ups 8:00 AM
Meet at 9:00 AM
Contact: Judy Hackney
(319) 393-0188

Iowa Games

Sat. & Sun July 13 & 14
Ames, Iowa
www.iowagames.org

The **2002 United States Masters Swimming Code of Regulations and Rules of Competition** rule book is now available on-line. Go to:

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

Masters on the Web:
www.usms.org

Chairman's Comments:

I have seen lots of new faces at meets around the state, and that is so encouraging. Thanks to all the rookies who are discovering the joys of Masters swimming -- the workouts as well as the competition.

For anyone wondering about how to get a group going, or how to revive interest in an established program, try sponsoring a swim clinic. Get a local coach to volunteer some time, or agree to a split fee for a two-hour program filled with stroke critique, instruction and drills, and ideas for future workouts. Have people who have been to meets talk to the group about the importance--and fun--of competing.

In just a few weeks we will gather for the annual Iowa Short Course Championship Meet in Cedar Rapids. The Milky Way Masters do a great job of hosting the event - for almost 20 years now, I believe. They are, in fact, the three-time defending champs. Can they do it again? Who will emerge to unseat them? Good luck to all the teams and all the swimmers.

Our summer meet schedule is pretty thin, but things will heat up again in the fall, with almost each month including a meet in Iowa. Stay in shape! Swim hard... and don't forget that sunscreen.

Norm Bower
- Chairman of Iowa Masters Swimming
bower_n@palmer.edu

p.s. Still working on that Web site for www.iowamasters.org. Hoping for a launch around the time of the State Meet. Thanks to all who sent info and especially money to support it!

- Since we all like the water, here's some information about it.

The Wonders of Water

At first glance, water doesn't seem to contribute much to your health. After all, it has no vitamins, minerals, fiber, protein or carbohydrates. Still, water is vital to your well-being. "If you don't drink enough water, you may suffer from mild dehydration which can cause headache and fatigue," says Barbara Levine, R.D., Ph.D., co-director of human nutrition at Rockefeller University in New York City.

After oxygen, water, which comprises 70 percent of the body's tissues, is the body's most important nutrient because it plays an important role in nearly every major function. Among its many benefits, water helps the body digest food, convert it to energy, get rid of waste and avoid constipation.

Read on to tap into why you should get your fill of water every day, and how to make sure the water you drink is safe.

Drink Up

As a general guideline, try and get at least eight 8-oz. glasses of water a day. To make sure you're getting enough water: - **Record how much water you drink**, keep track of your water intake. - **Drink more water when you consume caffeinated beverages or alcohol**. Both substances are diuretics that cause your body to lose water. "For every caffeinated or alcoholic beverage you drink, add one cup of water to your daily total," says Levine. - **Drink an additional 16 oz. of water** for every pound you lose during exercise. (Weigh yourself after your workout.) This will compensate for any water you lose through perspiration. - **Don't like the taste of plain water?** Add some zest with a bit of fruit juice or a squeeze of lemon - or upgrade to mineral water.

Testing the Waters

In the past several years, water safety has become an issue in the United States. "The public has become aware that something they once assumed was clean can have contaminants," says Peter Censky, spokesperson for the Water Quality Association (WQA) in Lisle, Illinois. How does water become tainted? "Water is the universal solvent," says Censky. "It picks up a little of everything it touches." Water from a private underground well can absorb harmful pollutants - including bacteria, pesticides, microbes and nitrates from fertilizer or arsenic - that can seep into the water supply. Accumulating these unhealthy contaminants in your body can make you sick. If the water in your home comes from a well, Censky recommends testing it every year, especially if there have been chemical spills within 10 miles.

Home-improvement stores sell water testing kits, or you can contact your county health department. For a more detailed smattering of tests, consult a certified water specialist. To find specialists and labs in your area, consult the WQA's Web site at www.wqa.org or check you local Yellow Pages.

Most urban dwellers get water from a public water system. Water from such systems is treated and monitored, but that doesn't mean it's contaminant-free. All communities must publish Consumer Confidence Reports annually. For a report, contact the American Water Works Association at www.awwa.org. A water specialist can help you select from several commercial products that reduce the contaminants in public water.

- By Sandra Gordon, a featured writer for Vitality magazine.

We have received two more gifts to support the Iowa Masters website. **Mike Rohm** from Dubuque and **Rachel Windsor** and the meet hosted at the Des Moines YWCA. Thanks to all who have contributed!

Did you know the University of Iowa is in the process of building a new pool? The pool is part of the "West Campus Project" located along Mormon Trek Blvd. across from Finkbine Golf Course in Iowa City. The project includes a Visitor/Welcome Center, Soccer field, Indoor Tennis Courts and Olympic pool with separate Diving well. The Welcome Center and soccer field are nearing completion but the other sites have been put on hold due to recent budget issues. The pool can be seen from Melrose Ave – it's currently a big hole in the ground! Latest plans are for it to be completed in 2004/05.

ONE YEAR MEMBERSHIP APPLICATION



2002 Membership Application

Make Check Payable To: Iowa Masters
 Mail To: R.A. Johnson
 403 N. 10th St.
 Clinton, Iowa 52732

- RENEWAL-My current USMS No. is _____
- NEW REGISTRATION

USMS Fee
 11/1/01-8/31/02 15.00
LMSC Fee 5.00
TOTAL FEE \$20.00

Membership expires 12/31/02

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr
Club or Unattached			E-mail Address		

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.

Signature _____

If you coach Masters Swimmers, please check here

- I wish to contribute \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.
- I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation.
- I have added these amounts to my 2002 registration fees.

Benefits of Membership include: A Subscription to SWIM Magazine during the length of the membership year (\$8.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Waterlines
c/o Warren Tunwall
100 Koser Ave.
Iowa City, Iowa 52246-1918

~Waterlines~

Iowa Masters Executive Committee

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