



Westchester Masters Newsletter

Volume 1, Issue 1

January - March 2008

Check-Off Challenge at Ossining

Monthly "Night Out" to Follow

On Thursday, January 31st from 8pm – 9pm the Ossining workout group will host the first in a series of monthly events designed to facilitate participation in the USMS national check-off challenge. For those not familiar, this USMS sponsored fitness event lets you challenge yourself to complete each of the 18 pool events some time during the calendar year.

Participants will receive a T-shirt with the event logo and a list of each of the events that you can "check off" as you swim them throughout the year. The entry form can be found at the following link:

<https://www.usms.org/fitness/2008checkoff.pdf>

You do not need to have your tee shirt to participate, but a modest drop-in fee of \$5 will be collected for non Ossining workout group members.

It has not been announced which event will be swum at the first of the monthly sessions, but we can tell you that you will be timed so that you can use it as an entry for future meets. Richard Grose had suggested that we start with a 400 Fly, but he was disappointed to find out that this was not an official USMS pool event.

Immediately following the check-off challenge practice, we will be heading to a local haunt for a couple of drinks and food, so please make an effort to join us.

New England Masters SCY Championships Schedule Released

Premier East Coast Meet to be held Mar. 27-30

Westchester Masters will participate in the 2008 New England LMSC Short Course Yards Championships which will be held at Blodgett Pool, Harvard University in Boston from March 27th thru March 30th. This meet is a team oriented and competitive event that is expected to attract in excess of 750 swimmers for the 4 day event (distance day is on Thursday). Typically the meet fills up fast, so if you hope to participate please complete the entry form and mail in to the host as soon as possible. All the information that you need can be found at the meet website's link:

<http://www.meetresults.com/2008/nelmscscy/>

As non-New England LMSC members, Westchester Masters swimmers are not permitted to use the online entry system, so please click on the "Meet Information and Entry Form" link to print out the forms that you need and send your entry in right away.

We will be contacting some local hotels to see if we can negotiate a discounted rate for a block of rooms. More information on this will follow via e-mail, but please do not hesitate to make your own accommodations since there are no guarantees that we will be able to secure rooms at discounted rates.

Swimming or Member News to Report?

Editorial

As I am sure you are aware, Westchester Masters swimmers are scattered throughout the area and participate in various workout groups or even on their own in adult lap swimming lanes. However you choose to participate, we still would like to build and maintain a cohesive team base and should try to stay connected as best we can. To this end, I have created this fledgling and probably inept newsletter to help keep people informed of team happenings. While this particular issue may seem a little "Ossining-centric", it is by no means meant to exclude anyone in the Westchester Masters family. I just had some immediate news to get out, so I decided to give this a try for building team unity no matter where you are located. Hopefully, I will find time to produce it on a quarterly basis. I encourage anyone to e-mail me with any news that you would like to share from team members and their families, workout groups, and events that you participate in.

Register for 2008 USMS Season – Online!

From USMS Website:

Joining USMS just got easier! Thanks to our association with Club Assistant, members can now register online. Fill out your registration form via our secure web interface, pay your fees with your Visa or MasterCard, and print a copy of your membership card in one easy transaction. Why wait any longer? Just head over to <http://registration.usms.org/> to join or renew your membership now.

New Member News

Ossining growing...

We are quite excited to welcome long time competitive swimmer and Millwood (?) resident, Paul Hoffman, who recently joined the Ossining workout group. Paul competed in CYO, AAU, High School, and was a top backstroker at St. Bonaventure in the late 70's, early 80's. He also participated in US Masters Swimming for a number of years and has rejoined after a 7 year hiatus from the sport.

We are thrilled to have him and have already started benefiting from his experience in the sport and athletic training. Welcome, Paul.

Upcoming WM Events

January 31	Thur. 8pm	Check Off Challenge Event 1 – Ossining (Caputo Community Center)
"	Thur. 9pm	Social Night
February 9	Sat. 8am warm-up	Valentine's Day SCY Meet (US Merchant Marine Academy)
February 10	Sun. 7am warm-up	CW Post SCY Meet
February 24	Sun. 8:30am warm-up	Groundhog Meet (Westport CT)
March 22	Sat. 10am warm-up	Asphalt Green SCY Meet
Mar. 27-30	Thur.-Sun.	NE Masters LMSC SCY Championships

Find other events and meet info at Metro Masters Website: <http://www.metroswim.org/results.html>