

# WATER LOG



## Coaches Corner



### Rinc. Advisory Board

**Head Coach:** Carol Macpherson

#### Assistant coaches:

Luba Pohilenco, Ken Hepper  
**President** Jim Shaw  
**Vice Pres.** Dick Ball  
**Treasurer** Bill Lorton  
**Secretary** Marcia Yeates  
**Meet Directors** Bob Hubbel, Jim Shaw  
**Newsletter** Bobbi Callison

## SHORT COURSE METERS CHAMPIONSHIPS

Walnut Creek, October 19, 20, 21

Coach Carol would like to make this event a team meet. You can swim individual events or come for relays. Talk it up with your lane mates. Relays will be posted at the pool.

Your choices are:

Sat. 10/20 – 200 Medley and 400 Free  
Sun. 200 Mixed Free and 400 Mixed Medley

Check events at [www.pacificmasters.org](http://www.pacificmasters.org)

(continued on next column)

There are 2 ways to sign up for the meet.

- 1) mail entries on consolidated form and post-mark by **Oct. 5.**
- 2) Enter on Internet by **Oct. 10**  
go to <http://wcm.mastersswim.com>  
click on competition/schedule  
look for WCM

## FAMILY DAY AT RINCONADA

**Sunday, Oct. 14**

**11:30-3:00**

Save the date for a team get-together. There will be swimming so bring the kids. You will also get to see the new office. The Recreation Department suggested each of the swimming groups that use the pool have their own space. They wanted our present office for the lifeguards and etc. so we get the back “digs”. It has been painted, shelves put up due to Jack Lorton, Jim Shaw, Chris Prael and John Jay. Hope I did not leave anyone out – we appreciate your help on this project. We now have space for team plaques and pictures.

(con't on page 2)

# WATER LOG



## RINCONADA SWIM MEET?

Why you ask.

By Dick Ball

As all but the newest members of our club know, each year we hold a swim meet in March for any Masters Swimmers who want to get a little racing in. For many it is their first or second meet of the year, getting ready for the summer season. For some it is used as a way to find out how fast they really are under race conditions, even if they don't plan to swim meets throughout the season. For some, this is their first meet ever. We are somewhat unique in that we hold a couple of novice events each year for those new to the sport who might find it somewhat intimidating to get on the blocks in the same heat as people who have been doing this for years. And for the elite few, who simply like pain and delirium, it is the only chance to swim an organized 1650 Butterfly.

So why do we choose to hold the meet?

- 1.) Swimming competition: This is what Masters Swimming is all about. Holding meets or open-water swimming events provides the opportunity to compete for which many of us train. In addition to providing challenge, meets also provide the venue to meet new people in your sport and enjoy the ongoing friendships with others in the swimming community who you might otherwise rarely have the chance to see. (con't- 2<sup>nd</sup> column)

2.) Fund Raiser. We try to keep our monthly dues to a minimum so that they just meet our on-going monthly expenses. Those include coaches payroll, payroll taxes, pool rental, insurance, etc. Fortunately there is more to Rinconada than that. Over the years the annual Rinconada swimming meet has funded the following .....hold onto your swim caps...

### Equipment

Digital clocks (those belong to the club and are only for club use)  
Protective cases for clocks  
Lane Gainers (stretch cords for resistance swimming)  
Vasa Weight Trainer (Just ask the coach to use it during any workout)  
Tents (for protection from sun and rain during events)  
Tapes on swimming (may be borrowed for review at home)  
TV & VCR for viewing tapes (not replaced after break-in & theft)  
Mirrors for self evaluation of stroke technique  
Balance balls  
Equipment cage  
Fins, pull buoys, kick boards

### Office

Paint & painting equipment  
Carpet (bargain basement remnant)  
New locks & keys  
Lumber for Wall of Achievement  
Pictures and frames for Wall of Achievement

(con't next page)

# WATER LOG



Rinconada Swim meet expenses (occur with each meet)

Ribbons for 1<sup>st</sup> through 6<sup>th</sup> place for each event

Computer service for organizing and printing heat sheets and printing results

Timing System service

Food for snack bar (drinks and stuff that doesn't get donated)

Pool rental when we use another pool

PA Swim Club (pay for timers when not enough Rinc people volunteer)

Commemorative Plaques (Willard

Johnston, Sylvia Bailey, Bernice Silber)

Meet bond to Pacific Masters

Taxes

Tax consultants

Supplies and other stuff

Office supplies

Club brochures (Design, Negatives & Proofs, Printing, sales tax)

Club website

Annual club registration with Pacific

Masters Swimming

Parkas for coaches

Equipment maintenance

Relay entries for some meets

Rinconada caps as tokens of appreciation, door prizes, etc.

Seed money for occasional stroke clinics

Yearly dinner for volunteer advisory board (a bribe deliciously cooked by Carol)

Soooooo.....when the meet rolls around, Please! Please! keep in mind that your time is not wasted. Spending this one day a year supporting the club reaps real benefits for the entire Rinconada family.

THE END