

Lane Lines



Announcements:

- Welcome back to Joinville!!!
- Next committee meeting: January 21, 2006 after the 9am workout
- Annual Marlins Soup Dinner and Team Meeting, Feb. 4, 6pm to 10pm. Come one, come all! Good food, good company, & awards!

Lap Swimming Etiquette 101 - Part 3

This is the third in a four part series about pool etiquette.

By Art Hutchinson

When Passing:

An overtaking swimmer should gently but distinctly touch the feet of the swimmer being overtaken. It may take two or three touches, but overtaking swimmers should not need to repeatedly slap or grab at the legs of a slower swimmer to politely make their presence known.

Swimmers enjoying a draft behind a strong lead swimmer, but who are just barely able to hold that pace should think twice before tagging the leader's toes and requesting to move ahead. In such situations, it's highly unlikely that the (formerly) trailing swimmer will be able to hold the same pace for very long when leading without the draft. This can lead to repeated "leap-frogging" and unnecessary contact, which can be annoying and disruptive for everyone in the lane.

Drafting swimmers not wishing to pass should swim far enough back from a lead swimmer that they don't inadvertently touch the lead swimmer's toes.

Overtaking swimmers should not attempt to swim 'wide' past a slower swimmer—unless they are the only two swimmers in the lane—since in most cases this presents a hazard to other oncoming

swimmer(s), forcing them to pull over to get out of the way.

In the rare case that a passing swimmer does swim wide, s/he should be confident in his/her ability to sprint into the field of vision of the lead swimmer well before s/he gets to the wall. Otherwise, this sets up for a collision at the wall as both swimmers attempt to turn on top of one another. In the case of any ambiguity at the wall, the swimmer whose head is behind should give way to the swimmer whose head is in front.

In the equally rare case that a strong swimmer finds him or herself at the back of a line of several slower swimmers in circle format, it is acceptable (after looking carefully) to move to the other side of the lane mid-length and proceed in the opposite direction, somewhat ahead of the line s/he had been trailing. This should only be done in cases where the lane is relatively crowded, where there are no other lanes moving at a more suitable pace, and where the process of tapping several swimmers in succession would be overly disruptive. For anal-retentive swimmers fond of keeping detailed training logs, this move has the unfortunate disadvantage of completely messing up one's lap

When Being Passed:

A lead swimmer who feels a touch on the feet from an overtaking swimmer, should continue to the next wall, then stop in the corner of the lane to let faster

swimmer(s) past. A single light touch may be accidental and can be ignored, but two or more distinct touches should be regarded almost universally as a request to swim through.

A swimmer who has been touched on the feet should move to a corner of the lane as soon as they get to the next wall in order to make way for passing swimmers turning there. It's best if the touched/stopping swimmer moves immediately to the far left corner (from the perspective of an approaching swimmer), which would be the far right corner (from their own perspective looking back up the pool). This routine applies as well to swimmers stopping of their own accord, (i.e., even if they haven't been tagged on the toes), since another swimmer who hasn't seen fit to touch toes may be right behind.

In circle format, swimmers should always stay aware of the gap behind them to the next swimmer, and try to anticipate when that swimmer (if s/he is faster) is likely to overtake him/her. This is easily accomplished by looking back just before or during each turn, (whether 'flip' or 'open').

A lead swimmer who sees another swimmer coming up close behind as s/he turns at the wall should consider stopping and moving over immediately at that wall in order to let the faster swimmer past - rather than blocking that swimmer for an entire length to the next wall, creating a situation where toe-touching becomes necessary.

Swimmers being overtaken should never stop in the middle of the pool, nor should they continue beyond the next wall (e.g. back to the shallow end) after being 'tagged' on the feet. Instead, they should stop at the next wall, at the corner of the lane.

If more than one swimmer is bunched close behind, the swimmer being overtaken should allow the entire group of faster swimmers to pass before pushing off the wall again (i.e. don't push off right in front of someone else who's also obviously faster.)

Swimmers being overtaken should not attempt to speed up (or slow down) once 'tagged', nor should they jump in and 'tag back' the new lead swimmer on the next lap.

If two or more swimmers are closely matched in pace they should either position themselves at opposite ends of a lane (endless pursuit) or agree on how to share the lead.

From
<http://www.cartegic.com/pooletiquette.htm>

Notes from the Editor:

If you haven't done so, it's time to register with Pacific Masters. For more information go to <http://www.pacificmasters.org>.



January
Saturday, January 29, FOG, The Quadrathon

February
Saturday, February 11, USF, Valentine's Day Meet
Sunday, February 26, SMMM, Relay Meet in Pacifica

Lanes Lines is edited by Henry Chan. For questions, concerns, or to submit content for future issues, send to hymc219@hotmail.com. Always remember, keep swimming!

San Mateo Master Marlins Proposed By Laws Change

The Marlins Swim Committee is proposing a change to update our Team's By Laws to reflect more accurately the current operation of the Team.

Specifically, the current by laws specific an exact number of Swim Committee members (11 members, 9 elected, two appointed by the City - the Head Coach and a City Representative.) Most of these Committee members are to have specific titles and responsibilities - Chairman, Vice Chairman, Men's and Women's Team Captains, the previous year's Captains, Secretary, Treasurer, Newsletter Editor, and two Members at Large.

We are proposing to create a more flexible and inclusive Committee by eliminating some of these titles, and making the total number of members flexible within a range of 9-15 members total.

Our Committee currently has more than the number of regularly participating members than the By Laws allow for, and this is a very good thing. We are a volunteer-run organization. We have many, many regular volunteers who step forward, and offer their time and expertise to make the Team strong.

The Language of Article IV, Section 1A shall read:

The Marlins Swim Committee shall consist of 9-15 members, 7-13 elected by the Team, and 2 appointed by the City. Elected members shall be the Chairman, Secretary, and Treasurer, and 4-9 Members (with duties as assigned). Appointed members shall be the Head Coach and a Representative of the City of San Mateo Parks and Recreation Department.

Volunteers for this year's Swim Committee have graciously offered to assume the duties in parentheses after their names.

Nancy Littlefield
2005 Chairperson

San Mateo Master Marlins Swim Committee

Phil Banda

Henry Chan (Lanes Lines Editor)

Teta Durham (Secretary)

Frank Elliott (Treasurer)

Don Galine

Meghan Hays

DeAnn Joshua

Jutta Lingys (Hospitality)

Nancy Littlefield (Chairperson)

Maria Nichols (webmistress)

Dick Peterson

Joel Swartz (Open Water Meet Director)

Thomas Huggins, Head Coach
George Musante, City of San Mateo