

Lane Lines



Announcements:

- Oct. 19 to 21: Pacific Masters SCM Championships, hosted by Walnut Creek Masters, Online entries are still available until Oct. 10

Coaches' Corner

I would like to take this opportunity to say hi to those who I have not yet met at practice. My name is Ray Laughlin; I have really enjoyed my first month with the Marlins and am looking forward to many more. If you have already been to practice you know how I do things, if you have not I would like to explain a few things.

First, you are always welcome at anytime no matter your ability, allowances will be made for all levels. Never feel like you are too slow or too fast for a practice. I want you to feel comfortable wherever you are. Personal improvement is the only goal you should be concerned with.

Second, being late or leaving early is no reason to skip a practice. We all have lives and sometimes we have to adjust. A 20 minute practice is better than none. Never feel like you have done something to offend me if you have to leave early.

Finally, I hope you will all try competition. They are more fun than you might think. Hanging out all day with friends and going out after are all part of the excitement. If you already do swim competitions branch out, if you only do open water, do a pool meet and swim the distance freestyle events. If you only swim with 4 walls and a floor go jump in

a lake. Remember the only way to know if all your hard work is paying off is to measure yourself.

In closing remember that swimming should be fun, if it is not, you are doing something wrong.

Coach Ray

Marlin In View

Stan Panko
 27 years with Marlins
 Workout time: 5:30/6:30 a.m.
 Use both pool and open water
 Breast Stroke is my favorite.
 50 yd. Breast/Relay and Waikiki Open Water are my favorite events and swim competitions.
 Have an indoor cat "Boo" and an outdoor cat "B.C."
 My best memory is Maui Channel, Golden Gate, Tahoe and First C.C. world meet—Tokyo, Japan-1985
 I swim because it's there! Healthy and alive.
 Deep blue water is my favorite color.
 My secret skill was winning a Nastar downhill slalom ski race.
 I'm an Architect/Principal of Panko Architects.



Swimming Pool Facts:

- The Largest pool in the United States, the Fleishacker Pool, near the San Francisco Zoo. The Pool opened on April 23, 1925, and measured 300 m by 45 m. The water in the Pool was supplied by a series of pumps, drawing seawater from the Pacific Ocean. The facility was closed due to low attendance, and now serves as a parking for the zoo.
- Currently, according to Guinness World Records, the world's largest pool is located in Algarrobo, Chili. The San Alfonso del Mar Seawater pool is 1,013 m long and has an area equal to 19.77 acres.



Oct. 2007

Sun, Oct. 14, LARPD Masters Fall Splash SCY

Fri-Sun, Oct. 19-21, WCM Pac Masters SCM Championships

Dec. 2007

Sat, Dec. 1, SNM Winners Meet

January 2008

Sun, Jan. 27, Fog City Quadrathon SCY; San Francisco, CA

February 2008

Sat, Feb. 9, USF Valentines Affaire; USF, San Francisco, CA

Feb. ??, SMMM Relay Meet; Pacifica, CA

March 2008

Sat, Mar. 25, Rinconada Spring Meet

SCY; Palo Alto, CA

Sun, Mar. 30, Strawberry Canyon

Masters Invitational SCY, Berkeley, CA

April 2008

Fri-Sun, Apr. 11-13, Pacific Masters SCY Championships; Pleasanton, CA

Tues-Fri, Apr. 15-25, XI FINA World Masters Championships; Perth Australia

May 2008

Thurs-Sun, May 1-4, USMS Short Course Championships; Austin, TX

Sat, May 10, SMMM Parkside Aquatic Mile; San Mateo, CA

Sat, RCM Spring Lake Mile; Santa Rosa, CA

Sat, May 31, Menlo Long Course Meet; Menlo, CA

June 2008

Sun, Jun. 1, TVM Lake Del Valle; Lake Del Valle

Sat, Jun. 7, DAM Lake Berryessa 1- and 2-mile; Lake Berryessa

Sat, Jun. 28, Pacific Masters OW Championships; Lake Sonoma

July 2008

Sat-Sun, Jul. 5-6, Pacific Masters LCM Championships; UC Santa Cruz

Sat, Jul. 19, TOC Trans Tahoe Relay; Lake Tahoe, CA

Sat, Jul 26, Russian River Mile

August 2008

Sat, Aug. 2, Annual Roughwater OW; Santa Cruz, CA

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!