

Note From Team President Dave Harmon

I hope everyone is as happy as I am to be back at workouts again. I was greatly excited when we returned to normal workouts this summer. No more vying for a lane to swim by myself for only one hour. It's great to be back swimming with my lane mates. And I am extremely grateful that we have been able to continue swimming inside.

While some of you have not returned, I have noticed a lot of new faces. To you, welcome to the Montgomery Ancient Mariners! Not only can you expect to have excellent coached workouts, but you also can count on making new friends. Among your lane mates you will find competitive meet swimmers, open water swimmers, triathletes and people who just love swimming for fitness.

You also will have the opportunity to compete in a swim meet we put on every year. The annual swim meet – the Albatross Open - attracts swimmers from all over the country and we have had numerous world and national records broken at it. But don't worry: It's a low-key event with swimmers of all speeds and ages. And the relays where we swim as a team are a lot of fun.

We also have social functions. While we have not been able to hold them lately because of the pandemic, once things get back to normal, you can expect a winter party, a post-meet social and a picnic every year.

Putting on these events every year requires money and a significant amount of volunteer effort. Since June 30, the U.S. Masters Swimming (USMS) organization is no longer collecting our team dues as part of their registration process. If you registered with USMS after that date and have not paid the \$15 club dues, please go to our registration page and click on the Paypal link in the second step of the instructions.

We also need people to help us put on the meet, to help with the social events and to do the day-to-day activities required to keep the club going. There will be ample opportunities for you to do so throughout the year. We have a board meeting on Sunday, October 31 to which everyone in the club who has been vaccinated is invited. At the meeting, we nominate and elect new officers. Right now, we have a few open positions (including my position) that need to be filled for the upcoming year. Even if you may not want to become an officer, you can always serve on the board.

At this point, I would like to congratulate head coach, Clay Britt, for the two honors he has been awarded this year. This summer he was nominated to be inducted into the Masters International Swimming Hall of Fame for the many achievements he has accomplished as a masters swimmer. This past September we also learned that he will be inducted into the Texas Hall of Honor for his remarkable career at the University of Texas.

Finally, I would like to tell everyone that I am stepping down from the office of president of the club effective October 31. I have immensely enjoyed working for the team over the past eight years, but I believe it is time for someone new to take over the leadership reins.

All team members are invited to the annual meeting on Sunday, October 31 following swim practice (approximately 11 am). The meeting agenda includes electing new team officers and helping plan upcoming team events.

The meeting will be held at Tom Denes' and Cathy Gainor's house (4530 Everett Street, Kensington, MD 20895).

***All attendees must be fully vaccinated for COVID-19.**



Practice Schedule

Fall/Winter 2021-2022

Kennedy Shriver and Sargent Shriver Aquatic Center (KSAC)

Tuesday and Thursday: 8 to 9:30 pm

Friday: 7:45 to 8:45 pm

Sunday: 8 to 10 am

Martin Luther King Swim Center (MLK)

Monday and Wednesday: 8:30 to 10 pm

Olney Swim Center (OSC)

Tuesday and Thursday: 8:30 to 10 pm

Sunday: 7:30 to 9 am

Germantown Indoor Swim Center (GISC)

Monday, Wednesday and Friday: 6:30 to 7:30 am

Tuesday and Thursday: 8:30 to 10 pm



Upcoming Events

2021 Solstice Meet

Saturday, December 4 - Germantown, MD

[\(Registration Open Now\)](#)

2021-2022 Carol Chidester Swim Series

Saturday, November 13 - Easton, MD

Sunday, December 12 - Chestertown, MD

Sunday, January 16 - Annapolis, MD

Saturday, February 12 - Severna Park, MD

Sunday, March 20 - Annapolis, MD

2022 Swim.com USMS Winter Fitness Challenge

January 1-31, 2022 - Complete a 30-minute swim

Registration starts November 1, 2021

2022 Swim.com USMS Fitness Series - Complete all 3 challenges during the year

January 1-31, 2022

Complete a 30-minute swim

June 1-30, 2022

Complete a 2-kilometer swim

October 1-31, 2022

Complete a 1-mile swim



A Swim of Biblical Proportions



Lake Kinneret, known outside Israel as the Sea of Galilee, is a major source of Israel's drinking water and the surrounding area is a destination for religious pilgrimages. It is also the site of a long-standing open water swim. Pam and Dan Blumenthal participated in the 67th Annual Kinneret swim on October 2. The 3.8-kilometer course attracts as many as 10,000 swimmers and is a big family event with people of all ages and abilities. It's a swim, not a race. Floating platforms spaced along the course, every 200 meters or so, provide a resting place for tired swimmers or a hangout for those taking their time and wanting to enjoy the view. Some people wore fins, parents pulled their children along on inner tubes, others crossed perpendicular to you, making you wonder where they were headed. The conditions, including water temperature, were perfect -- even by Pam's standards.

Navigating a huge event for the first time can be daunting, but add in different country, language, and culture, especially one where chaos is often the norm. According to Google Translate, we'd go to the finish line, get on a bus, then go to the starting point -- that made sense. There was a bag drop (at start or finish?). And a "Leap" between 6:30 and 9:30 (when did the swim start?). We reached out to a few Israelis -- but it seems the directions weren't much clearer in Hebrew.

To our pleasant surprise, the event was extremely well organized and all the steps went like clockwork -- from getting the next to last spot in the most convenient parking lot, checking our gear bag (you leave everything at the finish so ride the bus with no shoes or t-shirt), and getting on the shuttle (complete with proof of COVID vaccination and required mask) to the Leap, which involved having the barcode on your wrist band scanned before wading into the water. The start was unusual in that you could Leap at any time-- no seeding, no waves. People were still checking in long after we finished the swim. At the finish, you picked up the merchandise you bought -- no free shirts or swim caps -- then went to a fenced in area for your medal and snack: a chocolate milk drink in a bag, a roll, and power-ade. We thought these were an odd post-swim choice, but they are typical breakfast treats for school children, which was supposed to explain why all the adults were posing for photos with the "choco" and roll.

We definitely want to swim the Kinneret again, maybe even train for more than ten days next time. Though it is appealing to consider spending the swim jumping on and off the floats, making a full day out of it as many do. Swimming on our own, we are reminded how much we miss the team. We continue to use the COVID workouts from the coaches to keep us in shape until we return -- and play a game of "which coach gave this workout." If you want to join us for next year's swim, let us know.

Coaches Profiles



Cathy Gainor

Cathy coaches Friday night at KSAC and subs for other coaches occasionally. She has been coaching Ancient Mariners for 15 years.

She coaches on the theory that if you're swimming on a Friday night, as opposed to going out to dinner or a bar or watching a movie, you want a good workout.

You can also find Cathy swimming on Mondays and Wednesdays at MLK and Thursdays and Sundays at KSAC.

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Interesting Fact: Kathy loves open water swimming, though she doesn't like cold water. That said, she swam the Sharkfest Alcatraz race with her brother in late September, with the water in the very low 60s. Fortunately, it was just 1.5 miles, so she wasn't in too long. She said it was quite chilly even with a wetsuit.

Swimming tip: One of the best ways to preserve your shoulders is to enter with your pinkie finger or middle fingers first, never with your thumb (as many of us learned when we were kids).



Kathy Kirmayer

Kathy coaches Saturday mornings at Olney Swim Center and has been coaching with Ancient Mariners since about a year before the COVID-19 pandemic started.

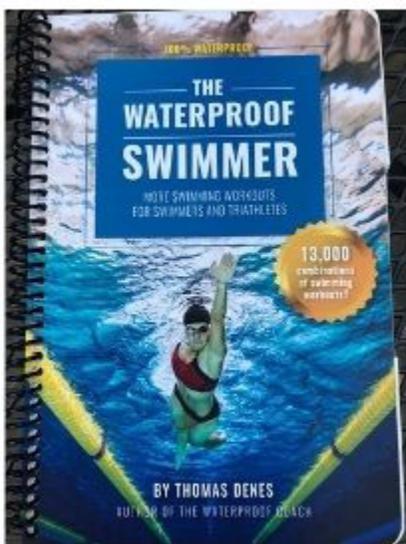
She swam with Ancient Mariners during two different stints (1997-1999) and (2007-2010) before becoming a coach.

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Interesting Fact: Singer Bob Schneider sang the song, Let the Light In, at her wedding.

Swimming tip (or more of an observation): Most people kick too much in freestyle. For anything longer than a sprint, the propulsion you get from your legs is not going to be worth the oxygen your quads will burn up. And kicking too much can also interfere with proper body roll. Press your chest into bottom of pool to keep your hips up, and let those legs slow down a bit!



Congrats to team member Amy Mensch and her husband, Matt Bernard, who welcomed Maya Ruth Mensch Bernard on August 14, 2021. Maya was 7 lbs, 10 oz. She joins big brother, Remy Bernard.



Can't attend an Ancient Mariners practice during the week? Looking for workouts when swimming on your own? Coach Tom Denes has written The Waterproof Swimmer, which includes over 40 pages of workouts that that you can mix and match.

To order a book, talk to Tom at practice or email him at waterproofcoach@gmail.com.